

## EXERCISES

### The cycle of poor posture and discomfort

When you are out and about working on mobile devices, the chances are your work set up is not ergonomically optimal (see our separate blog on optimal ergonomic working arrangements). This makes it all the more important to do some quick and simple stretches and do exercises when you take short frequent rest breaks.

There is a wide range of exercises with a lot of good examples online, but we have selected the ones below on the basis of effectiveness as well as discreteness – we are realistic, whole-body yoga on the train or bus is not really an option!

### Important warning

If a stretch or exercise causes you any pain, stop doing it immediately! If you do have persistent problems with this, speak to your doctor or physiotherapist about it.

## OUR EXERCISES FOR MOBILE WORKING

### Shoulders

#### Shoulder lift

Raise shoulders up towards ears until you feel muscles tighten, hold for 4 seconds. Then let your shoulders drop. Repeat 3 times.

#### Shoulder pull back

Rotate your shoulders back so that you feel your shoulder blades tighten, hold for 4 seconds. Then let your shoulders drop. Repeat 3 times.

#### Shoulder rotation

Rotate shoulders in a circle back for 3 rotations and forward for 3 rotations

#### Massage for shoulder posture

Hunched shoulder posture over a long period leads to shortening of the pectoral muscles in the chest. This results in our shoulders being permanently pulled forward more than they need to be – which creates a vicious cycle of poor shoulder posture. To correct this, the shoulder exercises above will help, but you may also need to also loosen your pectoral muscle, and massaging them will help this.

### Neck

#### Neck roll

Drop your chin to your chest and slowly rotate your head (moving from looking to side to looking up and so-on). Repeat 3 rotations clockwise, 3 anticlockwise.

#### Neck tilt

Slowly tilt your head from side to side – hold for 4 seconds when fully tilted either side. Repeat 3 tilts to each side.

#### Neck stretch

Push your chin forward – like a turtle, hold for 4 seconds then keeping your head straight, draw your chin back until your muscles tighten, hold for 4 seconds. Repeat 3 times.

#### Neck turn

Keeping head level, rotate head to look sideways. Rotate until you feel muscles tighten. Hold for 4 seconds then rotate to opposite side. Repeat 3 times.

## Wrists

### Hand rotations

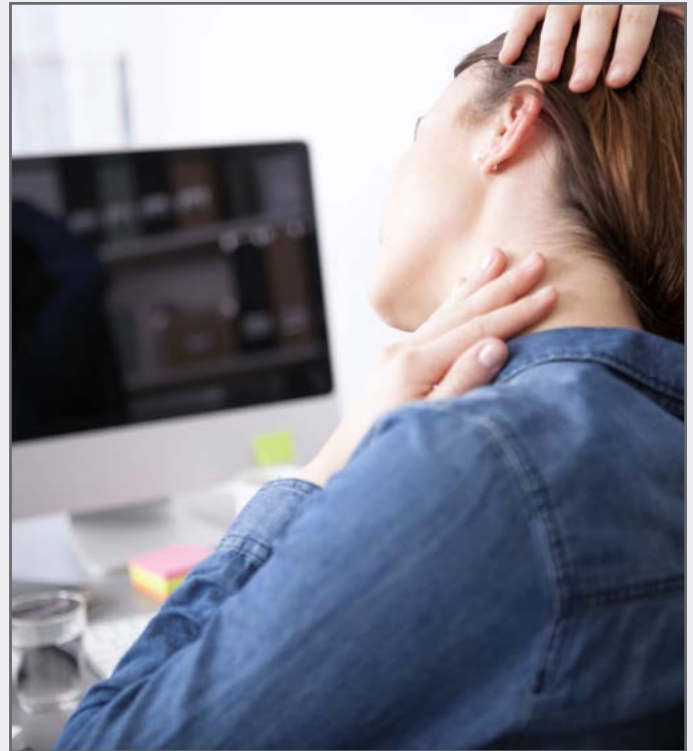
With your hand straight (unclenched) rotate your hand slowly in a circle. Repeat 3 times in each direction.

### Fingers stretches

Open you hand flat – fingers spread as wide as you can, and vertical (thumb pointing upwards). Keep your fingers stretched as wide as you can and hold for 6 seconds, then release.

### Shake out and relax

Okay so it's not really an exercise, but our wrists have a pretty tough life. We expect a lot from them. Putting down our phone, tablet, pen, keyboard, mouse etc. and simply shaking them out will be a much needed moment of rest!



## Be careful when stretching and exercising

**Remember, if a stretch or exercise causes you any pain, stop doing it immediately! If you do have persistent problems with this, speak to your doctor of physiotherapist about it.**

### MORE INFORMATION?

If you, or people working for you, use mobile devices (laptops, tablets, smartphones etc) to do significant amounts of work on, our website provides more guidance and tells you about our Mobile Working Risk Management System.©

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