

# Use your head and reduce sick leave

- Practice makes perfect



## #1

**Mobility exercise for neck and upper back, as well as stretch of chest muscles. Can be done standing or sitting:**

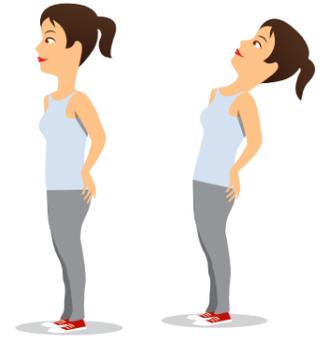
- Straighten your back, bend your head to your chest and hold your hands behind your head.
- Lift your head up and push it slightly backwards as you push your chest forward and both elbows backward. Tighten the muscles between the shoulder blades and hold the position for up to 30 seconds.



## #6

**Extension exercise for the spine:**

- Stand with your feet hip width apart, straighten your back and place your hands where the back meets the pelvis.
- Stretch backwards while looking up. Try keeping the pelvis in the same position, so the movement only occurs from the back and up. Hold the position for 2-5 seconds and stand up straight again. Repeat the exercise 1-4 times.



## #2

**Strength training for the neck and shoulders. Can be done standing or seated:**

- Straighten your back and bend your neck gently down towards your chest. Place the left hand lightly on the right side of the head.
- Pull your head gently down to the left shoulder until you feel a stretch while your right shoulder stays relaxed. Hold the position for up to 30 seconds. Repeat on the opposite side.



## #7

**Mobility exercise for the spine:**

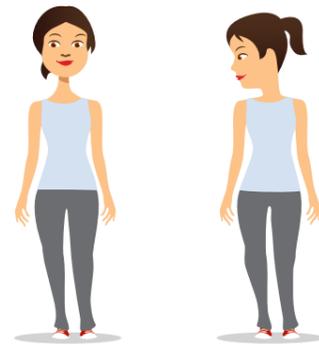
- Stand with your feet hip width apart, straighten your back and pull the neck slightly in and towards the chest. The arms hang loosely by your side.
- Make a side bend to the left while trying to keep the pelvis and hips as stable as possible. When you can not go any further, hold the position for 2-5 seconds, then reset yourself and repeat the exercise on the opposite side. Repeat 1-4 times.



## #3

**Mobility exercise for the neck. Can be done standing or seated:**

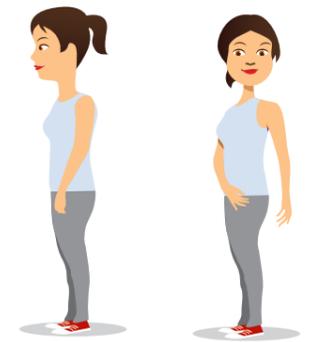
- Straighten your back and bend your neck gently towards your chest.
- Turn your head as far as you can to the right side. Hold the position for up to 30 seconds. Repeat on the opposite side.



## #8

**Rotation exercise for the spine:**

- Stand with your feet hip width apart, straighten your back and pull your neck slightly in and towards your chest. The arms hang loosely by your side.
- Rotate your upper body to the left and let your arms follow. You may want to stay in this position for up to 2-5 seconds. Change to the opposite side.



## #4

**Rotation exercise for the spine:**

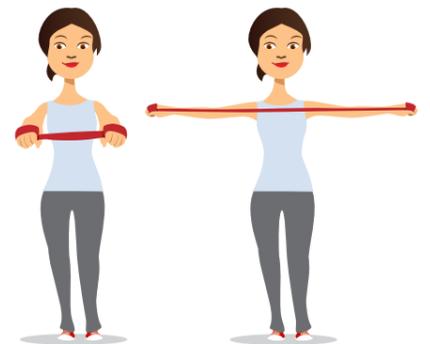
- Sit on a chair, straighten your back and cross your arms in front of your chest.
- Slowly turn your upper body to the left side until you can not go any further. Hold the position for up to 30 seconds and repeat on the opposite side.



## #9

**Resistance band exercise - strength training for upper back, neck and shoulders:**

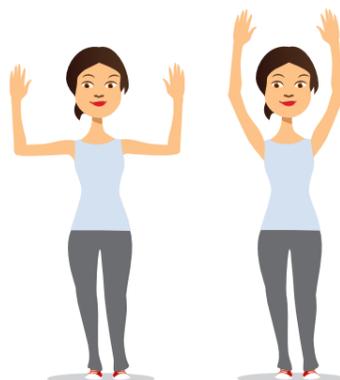
- Stand with your feet apart and with a straight back. Hold the resistance band with both hands in front of your body, shoulder width apart.
- Move your arms straight to the side, still at shoulder height, press your shoulder blades together. Slowly move your arms back to the starting position. Repeat the exercise up to 10 times and preferably 3 sets.



## #5

**Posture exercise for shoulders, back and neck:**

- Stand with your back against a wall, raise your arms and bend your elbows. Squeeze the shoulder blades together and keep your body in contact with the wall.
- Slide both arms up the wall until they are almost straight without losing contact with the wall. Slowly lower them again. Repeat the exercise up to 4 times.



## #10

**Resistance band exercise - strength training for back, shoulder and arm muscles:**

- Stand with your feet apart, place your feet on the resistance band, whilst holding it in both hands. Bend slightly in the hips and knees and bend your back forwards. The resistance band must be tight so you should already feel tension in the band.
- Pull your arms up simultaneously to hip height, bending your elbows and squeeze your shoulder blades together. Slowly move your arms back to the starting position, repeat up to 10 times and preferably 3 sets.

