OTHER USEFUL EXERCISES: Eye Exercises

Your eyes can also tire when looking at a screen or object for long periods of time. The following exercises can help to reduce fatigue by making your eye muscles relax.

Exercise 1:	Blink regularly
Exercise 2:	Focus on an object approximately 3m away for 15 seconds every half an hour

References

‘Exercises to reduce musculoskeletal discomfort for people doing a range of static and repetitive work’. RR743 Research Report. HSE (2011).

Fit for work leaflet (2010) CSP: www.csp.org.uk/moveforhealth
Fit for active work leaflet (2010) CSP: www.csp.org.uk/moveforhealth

Working Well opening hours

8:30am - 4:30pm
Monday to Friday

Contact details

(t) 0300 421 4455
(e) ghc.workingwell@nhs.net
(w) www.workingwellglos.nhs.uk

Please contact us if you would like this leaflet in a different language.

SEQOHS

WW5 in 5 003
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Staff health and wellbeing

WorkingWell

5 In 5 Stretch Breaks

NHS
Gloucestershire Health and Care
NHS Foundation Trust
Working Well
Your Occupational Health Service

5 IN 5 – Musculoskeletal care

This leaflet outlines simple stretches that you can easily perform in your day. The programme should only take 5 minutes so why not include others around you to make it more fun?

Regular stretching can help to promote good posture

Benefits of Stretching

Prolonged sitting and /or repetitive movements can lead to muscular pain and tension. By taking a few minutes to stretch these aches and pains can be relieved. Regular stretching can also help to promote good posture.

Our recommended Stretching Technique for 5 in 5

- Breathe easily (do not hold your breath)
- Stretch within your comfortable limits
- Hold the stretch still, do not bounce
- Try to relax into the stretch and not hold yourself tense.

The simple 5 in 5 stretch programme

1

Sit or stand.
Shrug your shoulders and then circle them, making the biggest circle that you can.
Repeat 10 times.

2

Sit or stand up as straight as you can.
Turn your head to one side until you feel a stretch. Hold for 3 seconds and repeat 3 times. Repeat to other side.

3

Sit or stand with your back straight and feet firmly on 2the floor. Pull your shoulder blades together while turning your thumbs and hands outwards. Stretch your thumb away from the palm. Hold for 3 seconds and repeat 3 times.

4

Clasp hands by interlocking fingers and lift arms
horizontally in front of you.
Push palms away from you and feel the stretch in your hands and wrists.
Hold for 10 seconds and repeat 3 times

5

Stand straight with feet apart.
Support your back with your hands while bending your back as far backwards as possible.
Keep your knees straight during the exercise. Repeat 3 times.

AIM TO COMPLETE THESE EXERCISES AT LEAST ONCE PER DAY

DO'S AND DON'TS TO HELP

- **DO ADOPT GOOD POSTURE AT YOUR DESK (DON'T SLOUCH!)**
- **DO USE HEADPHONES FOR ANSWERING THE PHONE (DON'T CRADLE YOUR PHONE IN YOUR NECK)**
- **DON'T HUNCH OVER YOUR MOBILE PHONE**