

# WHS Fact Sheet – Shoulder and Arm Stretches

## Shoulder and Arm Stretches

To complete any stretches of the shoulder and arms, it is important to start with your head in a neutral position. This means your head should be facing forward and your shoulders nice and relaxed. Remember to:

- Use slow and gentle movements
- Only stretch as far as you feel comfortable
- Breathe normally – do not hold your breath
- Stretch both sides of your body

**Note:** Seek medical advice prior to starting new stretches if you have an injury or medical condition.

### Stretch One

- Start with your head in a neutral position.
- Roll your shoulders upwards and backwards in a circular motion.
- Repeat 3-5 times.



Figure 1. Stretch One

### Stretch Two

- Start with your head in a neutral position.
- Raise both your hands above your head.
- Extend your arms and reach towards the ceiling with your hands together and palms facing the ceiling.
- Hold this position (reaching upwards) for 15-30 seconds. You should feel this stretch along your upper back, across your shoulders and sometimes in your forearms.
- Slowly bring your arms back down and return to the starting position.

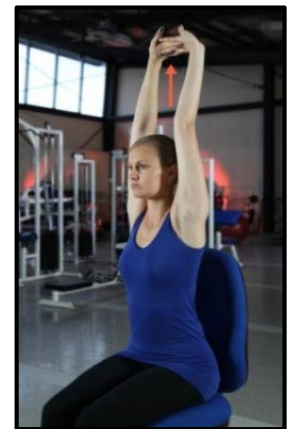


Figure 2. Stretch Two

### Looking after yourself

- Vary tasks

Repetitive movements performed over a long period of time are not the body's best friend. Break up tasks regularly throughout the day to give some muscle groups a break and allow another to be more active. This may mean completing some hardcopy reading for 20 minutes prior to completing an hour of computer based tasks, or packing/unpacking a trolley of boxes varied with a less physical task.

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# WHS Fact Sheet – Neck Stretches

## Stretch Three

- Stand in a neutral position – feet flat on the floor shoulder width apart, head facing forward and shoulders relaxed.
- Reaching behind with both hands, interlock your fingers. Keeping your hands close to your body.
- Slowly move your hands upwards toward the ceiling. You should feel thing stretch in your upper back and arms.
- Holding this position for 15-30 seconds before returning to the starting position.

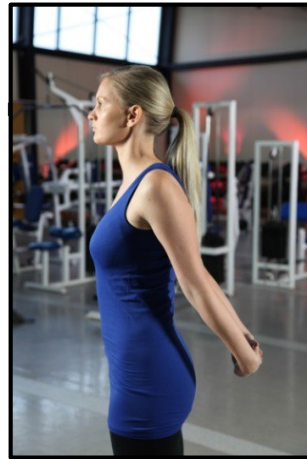


Figure 3. Stretch 3



## Stretch Four

- Start with your head in a neutral position (sitting or standing).
- Point one elbow towards the ceiling as shown.
- Slowly ease the elbow backwards with your opposite hand.
- Hold this position for 15-30 seconds. This stretch should be felt on the back of the upper arm.
- Slowly return back to the starting position.
- Repeat the same movement on the opposite side

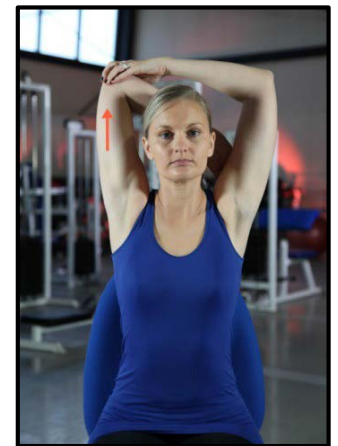


Figure 4. Stretch 4

### Looking after yourself

- Take regular breaks – these do not need to be long!

A few minutes to get up and walk around the office and complete 4 x 30 second stretches will not take more than 5 minutes to complete. You may actually be more productive and you will feel a lot better by the end of the day.

- Drink plenty of water

Keep a water bottle or cup on your desk. We tend to notice symptoms of discomfort when we do not drink enough water. This way you can guarantee you will get up and move around to refill your water bottle/cup and go to the bathroom

If additional information is needed, please contact the [WHS Unit](#).

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