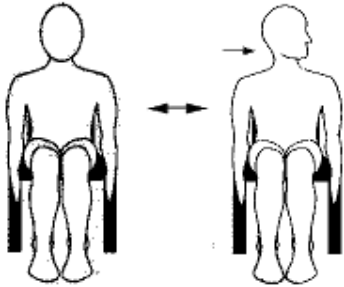


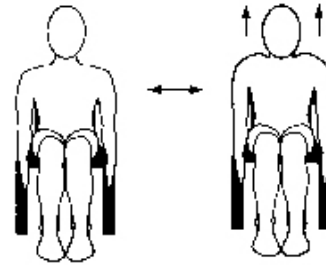
# Exercises for Office Workers

## 1. Lateral Neck Rotation:



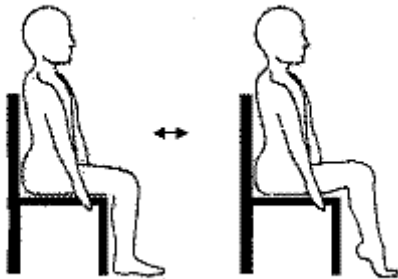
Hold for a count of three.  
Return to central position

## 2. Shoulder Shrugs:



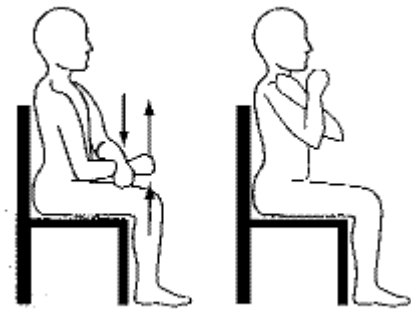
Gently raise and lower shoulders.  
Try not to compress the neck

## 3. Seated Calf Raises:



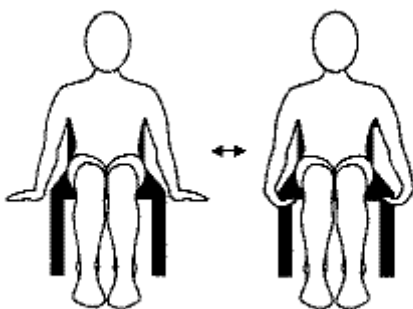
Raise heels.  
Hold for a count of three

## 4. Resisted Arm Curls



Gently raise lower arm against downward  
pressure from top arm. Hold for a count of three.

## 5. Wrist Rolling



## 6. Hand/Finger Exercise



**Helpline: 0845 130 2704**

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