

Stretch and flex for muscle health

Dr Philip Cheong, principal physiotherapist at Singapore General Hospital, gives tips on simple exercises that keep muscles toned while working from home



1 Neck Rotation

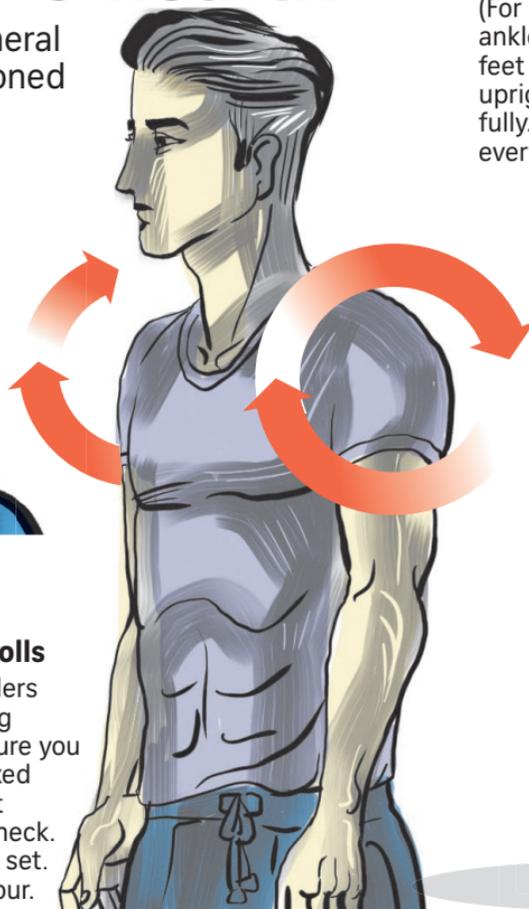
(For the neck) This exercise helps loosen up the neck. Turn your head slowly to look over the left shoulder, and then turn to the right, keeping your head upright. Do 10 times per set. Repeat every hour.

2 Neck: Side bends

(For the neck) Slowly tilt your head towards the left shoulder. Then tilt towards the right shoulder, keeping your neck straight and maintaining a forward gaze. Do 10 times per set. Repeat every hour.

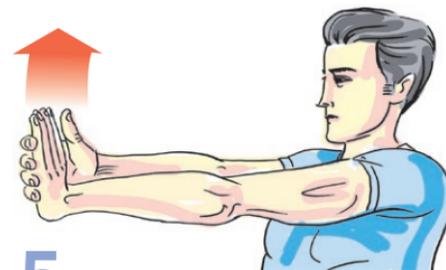
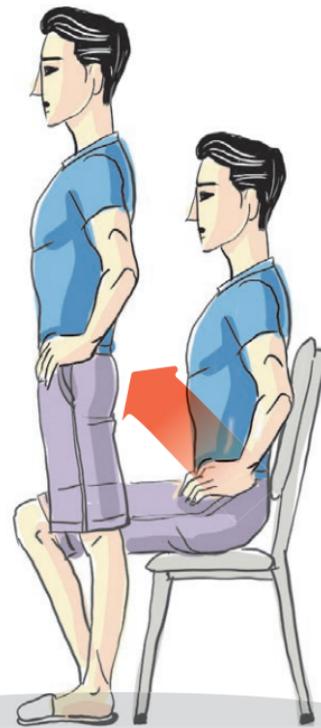
3 Shoulder rolls

Roll your shoulders backwards in big circles, and ensure you maintain a relaxed manner, without tensing up the neck. Do 10 times per set. Repeat every hour.



4 Sitting to standing

(For lower back, hips, knees and ankles) Sit on the edge of the chair, feet flat on the floor. Then stand upright, straightening the knees fully. Do five times per set. Repeat every one to two hours.

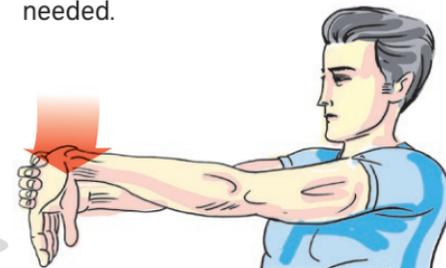


5 Wrist flexor stretch

(For wrists and forearms) Keeping the elbow straight, grasp the left hand and slowly bend your wrist back until a gentle stretch is felt. Hold 10 seconds. Relax. Repeat on the other side. Do as and when needed.

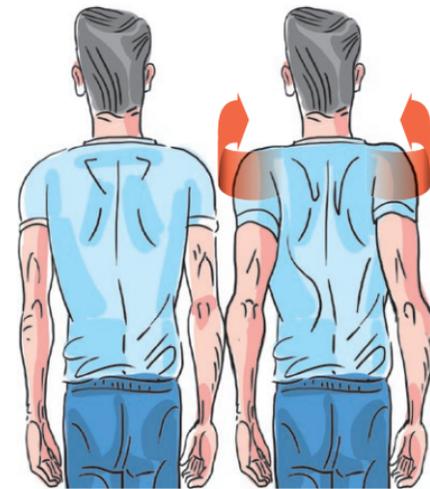
6 Wrist extensor stretch

Keeping left elbow straight, hands pointing downwards, grasp left hand fingers and slowly bend towards you until a gentle stretch is felt. Hold for 10 seconds. Relax. Do as and when needed.



7 Scapular retraction

(For upper back) With arms at the sides, squeeze the shoulder blades together. Hold for five seconds. Repeat 10 times per set. Repeat every hour.



• **Important:** The above exercises should not cause any pain when being performed. If there is any pain, cease the exercise and consult a healthcare professional as soon as possible.