



Hip Abduction

This exercise keeps the hip muscles strong and active.

Using your chair for balance, slowly raise alternate legs out to the side. Keep your body upright – try not to lean forwards or to the side.



Side Bends

Side bends are a great way to keep your back moving well.

Starting from a midline position, slowly bend straight over to one side, raise yourself back up, then repeat to the other side.



Sit to Stand

Strengthen your legs and help or prevent knee problems.

Without using your hands, slowly stand up from sitting. Then, equally slowly, lower yourself back to your seat.



Leg Lift

Seated, start with your legs straight out in front of you with your heels resting on the floor. Supporting yourself with your hands on the back of your chair or the edge of your seat, pull your knees up to your chest, then slowly lower and repeat.



Leeds and York Partnership
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Beating aches and pains Exercises you can do without leaving your desk

A handy-sized 'how to' guide to accompany the desk-based exercise video series available on Staffnet. Simply search 'exercise videos'

Fit physical activity into your workday

As part of the Trust's commitment to improving the health and wellbeing of its staff, our physiotherapist, Joe Loftus, has produced a series of short films to help you complete some simple but effective exercises at work.

We know you won't always be in front of a computer and able to watch the films, so we've created this handy, wallet-sized guide that you can use to recap the exercises, anytime, anywhere.

For more information about the Trust's physiotherapy service, contact Occupational Health on **01924 316031** or email Joe: **joseph.loftus@nhs.net**.



Lunge

With support from your chair at your side or in front of you, slowly lower yourself in to a lunge position, keeping your knee aligned over your foot, then slowly raise yourself up.



Chest Stretch

Sit forward in your chair with your thumbs pointing up and take your arms back until you feel a stretch across your chest and shoulders. Aim to switch on the muscles between your shoulder blades by gently drawing them back and down. Hold the stretch for 30 seconds.



Heel Raise

Help prevent foot and ankle pain by working your calf and foot muscles. With your feet flat on the floor, push up on to your tip toes and slowly lower back down.



Desk or wall press-ups

Press-ups are a great way to work on upper body strength and muscle endurance – great if you do a lot of computer work. With your hands on the edge of the table, or on the wall, perform slow and controlled press-ups.