



YORKSHIRE PHYSIOTHERAPY NETWORK



SHOULDER STRETCH



SHOULDER AND NECK STRETCH



WRIST STRETCH 1



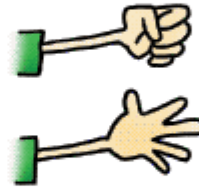
WRIST STRETCH 2



UPPER BACK SIDE TO SIDE



BACK STRETCH



WRIST & FINGERS
clench & straighten



CHIN TUCK



ELBOW FLARE
SQUEEZE BACK



SIDE TO SIDE
TURN OF NECK



SHOULDER ROLLS



REGULAR WALKS
AROUND THE OFFICE