Exercises for pain-free work in the laboratory





1. Side Neck Stretch

Sit or stand upright. Slowly tilt your head toward your right shoulder (don't rotate). Keep your left shoulder relaxed. Hold 15–30 seconds, then switch sides.



6. Wrist Stretch (Forward)

Extend one arm forward, palm up. Gently pull the fingers downward with the other hand. Switch sides.



2. Forward Neck Stretch

Let your chin drop toward your chest to stretch the back of your neck. Optional: place your hands lightly on your head for a deeper stretch. Hold 15–30 seconds.



7. Upper Back Stretch (Hug)

Wrap your arms around yourself like a hug. Pull your shoulders forward to stretch your upper back. Hold 15–30 seconds.



3. Shoulder Rolls

Raise both shoulders toward your ears, then roll them back and down. Repeat 10 times, then reverse the direction.



8. Side Stretch

Extend your right arm overhead and bend to the left. Keep hips steady and feel the stretch along your right side. Hold 15–30 seconds, then switch.



4. Overhead Arm and Shoulder Stretch

Raise your right arm overhead and bend it behind your head. Gently press the elbow down with your left hand. Hold 15–30 seconds, switch sides,



9. Seated Trunk Twist

Sit upright. Rotate your torso to the right, placing your left hand on your right knee. Hold, then switch sides.



5. Chest Opener (Standing or Sitting)

Clasp your hands behind your back, straighten your arms, lift slightly, and open your chest while squeezing shoulder blades together. Hold 15–30 seconds.



10. Seated Glute and Lea Stretch

Sit upright. Place your right ankle on your left knee. Lean forward with a straight back until you feel a stretch in your glutes. Switch sides.

Additional Tips for Back Health at Work

- Alternating between sitting and standing: If a height-adjustable desk is available, use it. Regularly switch between sitting and standing throughout the day.
- Dynamic sitting: Ergonomic sitting is possible with the right chair and varied sitting postures. Don't stay in one position.
 Try cross-legged, upright, or reclined positions to stay mobile, improve circulation, and prevent tension.
- Walking breaks: Take regular breaks to walk e.g., to the printer, break room, or a colleague's desk. Use lunch breaks for short walks outdoors. Fresh air and movement boost oxygen to your brain and can improve your focus afterward.