



Back & Shoulder Care Exercises

Length: 1hr; 4 week program.

Delivery modes: Onsite & Virtual Presentation; Pre-recorded tutorials.

Details: Back and ergonomic exercises help improve individual strength and flexibility - making the back stronger, and less susceptible to injury.

The purpose of this session is to introduce movement routines that can be embedded into one's work day.

Exercise are tailored to minimize risks within specific work environments, e.g., limiting manual handling injuries; or reducing lower back issues experienced by deskbound employees. These help employees avoid repetitive strain injury, relieve common strains/symptoms found in their work environment, and equip them with tools to manage individual musculoskeletal health.

Whilst these exercises focus on improving back health, benefits can be experienced throughout the body, including the shoulders and abdomen.

This session covers:

- Body stretches
- Shoulder blade squeezes
- Back hyperextensions
- Lower back targeting exercises

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.