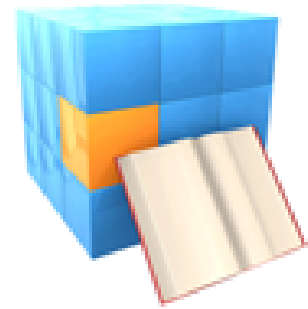


EXERCISE OF THE WEEK 2 LOOSENING AND "REACTIVATION"



Get fit at work

Office-Syndrom?



Headache



Neck Pain



Shoulder pain





Backache



Dann hilft die Übung der Woche!




Cooperative Project of AHS and KNSU

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Translator: Philipp Hähle



Overview

- **Exercise card week 2**
 - **Loosening/ "reactivation" (2)**
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 - Exercise 2.2: Stretching of the frontal shoulder area while standing
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 - Stretching of the frontal shoulder (2.2)
- **List of references**

EXERCISE CARD WEEK 2

Loosening/ "reactivation"

These 2 exercises activate the torso, shoulder und neck muscles.

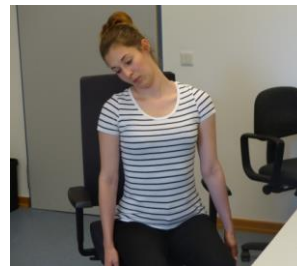
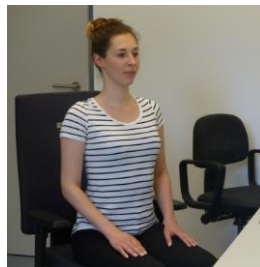
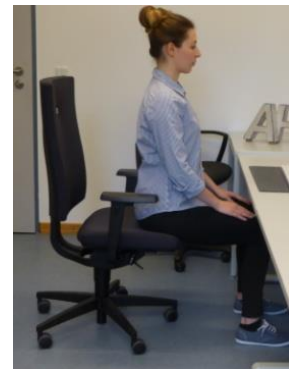


Exercise 2.1

Elongation of the lateral cervical muscles

Starting position/ SP

- Sit on the edge of the chair.
- Feet are hip width apart in front of the chair (ideally hip, knee and foot joint have an angle of 90° - 100°) ¹
- The torso is straight and upright.
- The hands rest on the thighs.



- 1-2 Sit on the chair upright; feet are firmly on the ground, hip width apart; the knees are bent in a roughly 90° angle.
- 3 Bring the shoulders into a position without load; to achieve this, move them downward and backward and hold this position. The arms hang down loosely.
- 4 Bend the head toward the right shoulder.
- 5 Push the left shoulder down toward the ground, until you feel a distinct stretch in the neck musculature. Stay in this position for 4 consecutive breaths.
- 6 Move the head back into the upright end position (EP). Change sides.





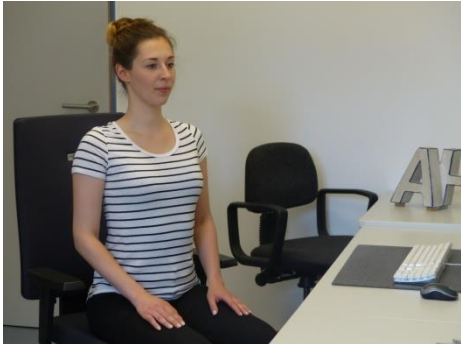



Repeat exercise 3-4 times for both sides.

¹ The angle should be slightly higher than 90°, because like this the nerves and vessels of the hip and lower extremities are strained less during the workday.



2.1

Stretching of the lateral neck muscles

 2.1	Sequence	Tips
<p>Function</p> <ul style="list-style-type: none"> Stretching of the lateral neck muscles <p>Upright position</p> <ul style="list-style-type: none"> See tip1 	<div style="display: flex; align-items: center;"> <div style="margin-right: 10px;"> <p>SP</p> <p>EP</p>  </div> <div style="text-align: center;">  <p>1 - 3</p>  </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 20px;"> <div style="text-align: center;">  <p>6</p> </div> <div style="text-align: center;">  <p>4 - 5</p> </div> </div> <p style="text-align: center; margin-top: 20px;">3-4 repetitions per side</p>	<ol style="list-style-type: none"> Upright seated position: Sitting bones resting on the edge of the chair Feet are placed firmly on the ground and hip width apart; knees are bent between 90° and 100° Arms rest on the thighs or hang down at the side of the body; shoulders are slightly pushed down and rotated backwards; they are held in this no-load position The head is now tilted toward the right shoulder The left shoulder is pushed down toward the left arm hanging down the side; stay in this position for 4 calm, regular breaths Slowly move the head back toward the center; change sides

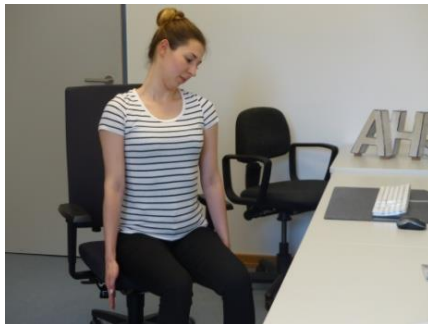


2.1

Right - Wrong

Right

4-6 The stretch is done **w i t h o u t** the help of the **Contralateral h a n d**.



Wrong

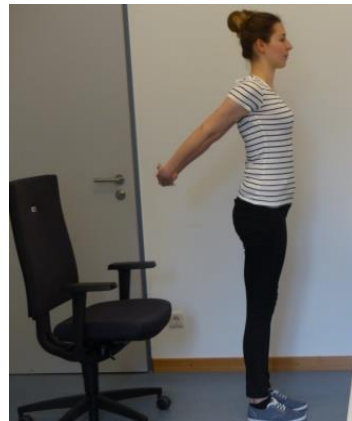
Stretching without the assistance of the contralateral hand can cause injuries of the cervical spine if performed with too much pull by unpractised people.


Exercise 2.2

Stretching of the frontal shoulder area while standing

Starting position/ SP

- Stand in a loose but upright position.
- Keep the feet one foot apart and let the arms hang down loosely at the side of the body.



- 1 Get up from the chair and do a few steps on the spot to loosen up.
- 2 Bring the hands together behind the back at the height of the pelvis.
- 3 Move the arms up and away from the body as far as possible, while keeping the elbows straight and the hands together.
- 4 Stay in this position for 4 calm, regular breaths. ▶  2.2


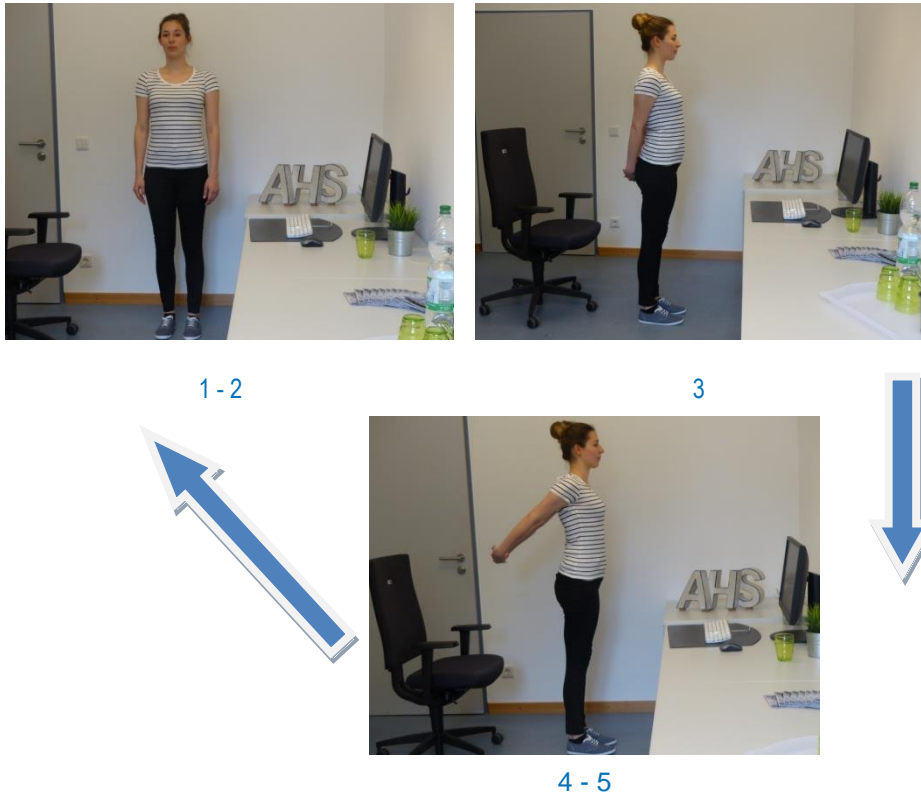
Repeat this exercise 8-10 times.

During execution it is important not to overstretch the lumbar spine (LS). The pelvis should always stay in a neutral position. If the pelvis is kept in a neutral position, the abdominal muscles are engaged more.




2.2

Stretching of the frontal shoulder area while standing

 2.2	Sequence	Tips
<p>Function</p> <ul style="list-style-type: none"> Stretching of the frontal shoulder area 	<p>SP</p> <p>EP</p>  <p>1-2</p> <p>3</p> <p>4 - 5</p> <p>3-4 Repetitions</p>	<ol style="list-style-type: none"> While standing do a few steps on the spot to loosen up Stand, with feet one foot apart, in an upright but relaxed position Bring the hands together behind the back at the height of the pelvis Move the arms up and away from the body as far as possible while keeping the elbows straight Stay in this position for 4 calm, regular breaths



Right - Wrong

Right		Wrong	
<p>Pelvis in neutral position</p>		<ul style="list-style-type: none"> • Overstretching the lumbar Spine (LS) • Abdominal muscles not engaged 	<p>Explanation → Compression of the facet joints</p>

List of references

Illustrations / images

Number	Creator
All pictures	Caroline Richter
Illustration: titel	www.colourbox.de (ID#18474676); modified by Jan-Holger Nahler

Videos

Number	Creator
2.1-2.2	Caroline Richter / Narrator: Frank Uwe Heinze

German narration and music

Video	Narrator/Composer	Music title
2.1-2.2	Frank Uwe Heinze	Enjoy the Moment

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