

# Stretch Out

physio wellness  
centre

YOUR NEXT BREAK  
& PREVENT

[ UPPER LIMB &  
BACK PAIN ]



**1** Take a few minutes before and after work and during your next scheduled break to perform these stretches.

**2** Do not push into pain.

**3** Sustain for at least 1 minute

**4** It is not necessary to perform all the stretches together or in any specific sequence.

**5** Schedule regular spinal mobilisation and maintenance and/or massage before the onset of pain [Usually 4-6 week intervals].

**6** Undertake an effective fitness programme helping to increase energy levels and metabolism, regain core strength and an upright posture and;



[ Enjoy Life Without Pain ]

Call 07 5579 8066 or check out our website [physiowellness.com.au](http://physiowellness.com.au) to find out more