



13 to 19 October 2025

# Back Care Awareness Week 2025

## Stand:Stretch:Stride Exercise Guide

Supported by



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# A simple guide to daily workplace exercises



Staying active each day can make a big difference to our overall health and wellbeing. But in many workplaces, our environment and routines (like sitting for long periods or repeating the same movements) can affect how we feel physically.

To help support your wellbeing at work, the British Chiropractic Association (BCA) has developed the Stand: Stretch: Stride rule, and tailored it to the most common workplace settings. These movements help encourage frequent movement and are designed to help counteract the strain placed on your body throughout the day.

- No equipment needed
- Suitable for all ages
- Easy to fit into your routine

***Important: If you're experiencing ongoing pain or any moderate to severe discomfort, please speak to a health professional before starting any new exercises.***

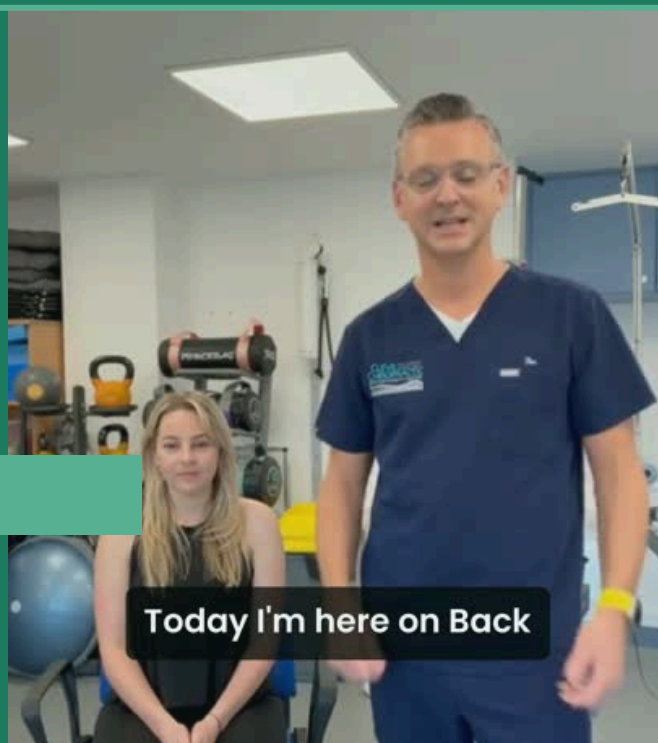
How often should I do incorporate stretches and movement into my working day?

Ideally, aim to move every 30 minutes to maintain joint mobility, circulation, and muscular balance. However, even if you can only manage to stretch 2–3 times a day, this still provides meaningful benefits.

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# Workplace Exercises General

If your job keeps you switching between sitting, standing and moving, your back is constantly adapting and often under strain. In this video, Tim Button shares stretches suitable for all kinds of workers to release tension and support back health throughout the day.



[Watch the video for these exercises here](#)

## Stand

### Neck Rolls

30 seconds

Roll your head gently in a circular motion - clockwise for 15 seconds, then counterclockwise for 15 seconds.

*"Move slowly and smoothly - imagine drawing a circle with your nose. Keep your shoulders relaxed and avoid forcing the range."*

## Stretch

### Seated Cat-Cow

30 seconds

Cat Pose: Exhale and round your spine, tucking your chin toward your chest and pulling your belly button in.

Cow Pose: Inhale and arch your back, lifting your chest and gently looking upward.

Alternate slowly between Cat and Cow movements syncing with your breath.

*"Breathe deeply, inhale as you arch (cow), exhale as you round (cat) and gently pull your naval to your spine. Focus on moving from the pelvis upward."*

## Stride

### Calf Raises

30 seconds

Sitting or standing, slowly rise onto the balls of your feet, lifting your heels as high as comfortable.

Hold for 2-3 seconds, then lower back down.

*"Engage your core and rise with control. Imagine lifting through the crown of your head to stay tall."*

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# Workplace Exercises Construction

For construction workers, heavy lifting, awkward postures and repetitive movements can put extra pressure on the back. Watch as Dean Blackstock shares essential stretches to support mobility, reduce strain and prevent injury on site.



[Watch the video for these exercises here](#)

## Stand

### Standing Twist

30 seconds

Stand with feet hip-width apart, rotate your torso gently to the left, then to the right. Keep hips facing forward and engage your core.

*"Keep your hips square and stable. Let the movement come from your waist and upper spine. Try to rotate further as you exhale."*

## Stretch

### Trapezius Stretch

Hold for 15 seconds, then switch sides

Gently tilt your head to one side, bringing your ear toward your shoulder.

*"Keep your opposite shoulder relaxed and down. Guide your head gently to the side – imagine you are trying to touch your ear to your shoulder, but don't strain. Enjoy the stretch down the side of the neck."*

## Stride

### Hamstring Stretch

Hold for 15 seconds, then switch legs

Stand upright and place one heel on a low, stable surface (e.g., step, curb, or toolbox). Keep the leg straight and gently lean forward from the hips until you feel a stretch in the back of your thigh.

*"Hinge from the hips, not the waist. Keep your back straight and toes pointing up. You should feel a gentle stretch along the back of the thigh."*

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# Workplace Exercises Retail



For retail workers, long shifts on your feet, reaching shelves and lifting stock can all take a toll on your back. Watch as Faye Deane shares simple stretches you can do before, during, or after a shift to keep muscles relaxed and circulation flowing.

[Watch the video for these exercises here](#)

## Stand

### Shoulder Rolls

30 seconds

Stand tall with arms relaxed by your sides. Roll your shoulders backward in a circular motion for 15 seconds.

Then gently tilt your head to one side, hold for 15 seconds, and switch sides.

*"Roll your shoulders in big, slow circles. When stretching the neck, avoid shrugging the shoulders."*

## Stretch

### Side Bends

30 seconds

Stand with feet hip-width apart, arms by your sides. Reach one arm overhead and gently bend to the opposite side.

Hold for 5 seconds, return to center, and switch sides. Engage your core throughout.

*"Stand tall before bending sideways. Keep your hips grounded and avoid leaning forward or back. You can raise your opposite arm to deepen the stretch."*

## Stride

### Quadriceps Stretch

Hold for 15 seconds, then switch legs

Stand tall and hold onto a stable surface (e.g., counter or wall) for balance. Bend one knee and bring your heel toward your buttocks. Grab your ankle with your hand and gently pull until you feel a stretch in the front of your thigh. Keep knees close together and avoid arching your back.

*"Keep your knees close together and your pelvis tucked under. Use a wall for balance if needed. You should feel a stretch in the front of your thigh."*

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# Workplace Exercises Office



[Watch the video for these exercises here](#)

If you spend most of your day seated at a desk or screen, you're at higher risk of stiffness, poor posture and back discomfort. Watch as Faye Deane demonstrates easy desk-side stretches that can be done anytime to support your spine and boost circulation.

## Stand

### Chin Tucks

30 seconds

Gently draw your chin straight back (like making a double chin), keeping your head level. Hold for 5 seconds, then release.

*"Imagine sliding your head straight back along a wall. Keep your chin level - don't tilt up or down."*

## Stretch

### Shoulder Blade Squeezes

30 seconds

Draw your shoulder blades back and down as if pinching a pencil between them. Hold for 5 seconds, then release.

*"Draw your shoulder blades down and together - like pinching a pencil between them."*

## Stride

### Seated Leg Extensions

30 seconds, alternating legs

Extend one leg out straight and hold for 5 seconds, engaging your thigh. Lower slowly and switch legs.

*"Lift with control and engage your thigh. Don't lock the knee at the top."*

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# Workplace Exercises Healthcare



[Watch the video for these exercises here](#)

For healthcare professionals, long shifts, lifting patients, and repetitive bending can all strain your back and joints. Dean Blackstock demonstrates targeted stretches to help relieve tension and build flexibility for those who spend their day caring for others.

## Stand

### Standing Cat-Cow

30 seconds

Stand with feet hip-width apart, hands on hips or thighs.

Cat: Exhale and round your spine, tucking your chin.

Cow: Inhale and arch your back, lifting your chest and looking slightly upward.

*"Stand tall and breathe deeply, inhale as you arch (cow), exhale as you round (cat) and gently pull your naval to your spine. Focus on moving from the pelvis upward."*

## Stretch

### Chin Tucks

30 seconds

Stand or sit tall with shoulders relaxed. Gently draw your chin straight back (like making a double chin), keeping your head level.

Hold for 5 seconds, then release.

*"Imagine sliding your head straight back along a wall. Keep your chin level - don't tilt up or down."*

## Stride

### Hip Flexor Stretch

Hold for 15 seconds, then switch legs

Stand in a split stance (one foot forward, one back).

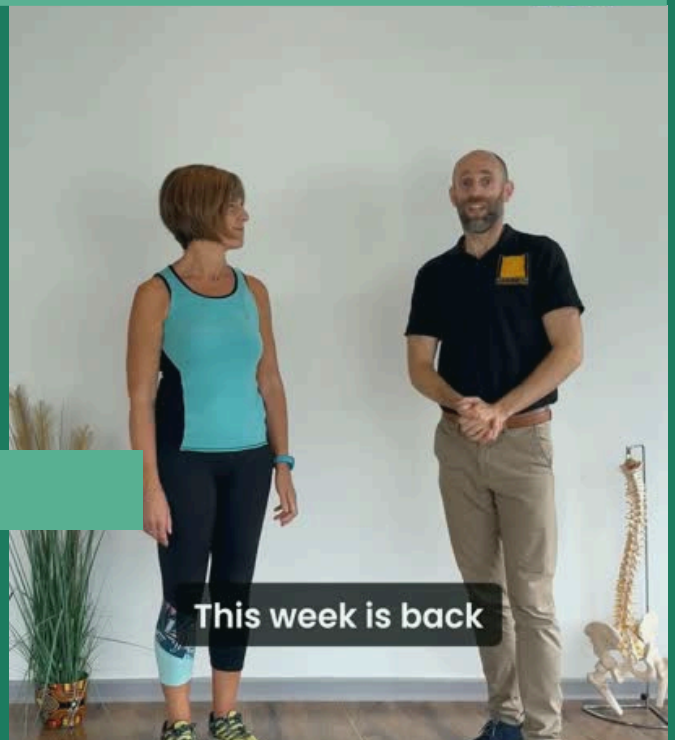
Bend the front knee slightly and shift weight forward until you feel a stretch in the front of the back leg's hip. Slightly tilt your pelvis forward to deepen this stretch.

*"Place one foot in front of you, bend the knee to 90 degrees and tuck your pelvis slightly and keep your torso upright. Avoid arching your lower back. You should feel the stretch in the front of your rear leg near your groin."*

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# Workplace Exercises Transport

For those in transport, long hours sitting behind the wheel can lead to stiffness, reduced mobility and lower back pain. Chris Jolliffe demonstrates quick stretches you can do during rest stops or breaks to protect your back and improve flexibility.



[Watch the video for these exercises here](#)

## Stand

### Scapular Wall Slides

30 seconds

Stand with your back against a wall, feet slightly forward, and spine neutral. Raise your arms to shoulder height, elbows bent at 90°, with the backs of your hands touching the wall. Slowly slide your arms up, keeping contact with the wall, then return to start.

*"Also known as "Wall Angels". Keep your elbows and hands in contact with the wall. Move slowly and avoid shrugging. Try to keep your spine in a neutral position against the wall."*

## Stretch

### Torso Twists

30 seconds

Sit upright with feet flat on the floor.

Cross arms over your chest. Twist gently to the left, hold for 5 seconds, then to the right.

*"Keep your spine tall and twist from the waist. Don't force the range - stay within comfort."*

## Stride

### Standing Figure-4

Hold for 15 seconds, then switch sides

Stand near a wall or desk for balance. Cross one ankle over the opposite knee, forming a "figure 4" shape. Slowly bend the standing leg into a slight squat until you feel a stretch in the glutes and lower back.

*"Keep your back straight and sit into the stretch. Use a wall or table for balance. To increase the stretch, sit deeper into the position or apply a gentle pressure downwards on your knee."*

# Disclaimer

These exercises are intended as general guidance for promoting back health and well-being.

If you have a pre-existing injury, chronic pain, or any medical condition, please consult a qualified healthcare professional before attempting these movements.

Always perform exercises within your comfort range, and stop immediately if you experience pain, dizziness, or discomfort.