FOR DESK-DWELLING SHOULDERS

The 5-Minute Desk Reset

Three gentle moves for the neck-and-back tightness that builds by 3pm. No gear, no floor space — you can do them right at your desk.

01 CHIN GLIDE

- Sit tall. Gently glide your chin straight back — like you're making a double chin.
- Hold 5 seconds, release. Repeat 5 times.
- This wakes up the deep neck muscles after a day of screen time.

02 SHOULDER ROLL & DROP

- Roll both shoulders slowly backwards, five times.
- Then shrug them up to your ears, hold 5 seconds … and let them drop.
- Feel the little sigh your shoulders make on the way down.

03 SEATED TWIST

- Sit tall, one hand on the back of your chair.
- Turn gently toward that arm, breathe out slowly, hold 10 seconds. Swap sides.
- Go only as far as feels easy — this is a stretch, not a workout.

Move within comfort — nothing should ever hurt. And breathe slow and low: the exhale is where your body lets go.

If your body's asking for more than stretches — that's what Bowen is for.

Precise, hands-on treatment at Natural Touch Therapies — no cracking, no oils, you stay fully dressed.

Book online at jasonacroton.juno.page — or call/text Jason on 0422 434 284.

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SCAN TO BOOK

General wellbeing information only — not medical advice. If pain persists, please see your health professional.