



Does your work involve sitting for long periods of time? Do you notice those aches and pains creeping in the longer you're sitting? Here are some easy stretches you can do at work to combat those aches that come with prolonged sitting and poor work posture.

## Instructions

1. The following exercises should be performed **1-2x/day**.
2. Hold each stretch for **60 seconds** and repeat **1x/each** unless otherwise stated. Perform on both sides.
3. You should not feel any pain while performing the stretches so make sure you stretch to your comfort level.

**Disclaimer:** Please consult your Chiropractor before performing these exercises as they may not be suitable for everyone or may need to be adapted for your individual needs.

## Upper Trapezius Stretch (Shoulder Stretch)

While sitting or standing gently lean your neck to one side until you start to feel a mild-moderate stretch. You can gently place your hand on your head for overpressure but make sure you don't pull on your neck.



## Brugger Postural Exercise

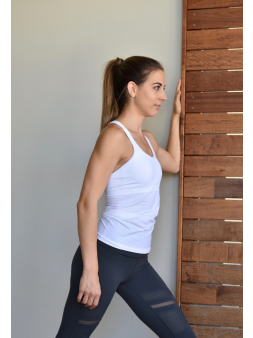


While sitting take in a deep breath in and roll the shoulders forward and up towards your ears. As you breathe out roll the shoulders back and squeeze the shoulder blades together and turn the palms of your hands outwards. Perform **5 sets** every **30 minutes** when sitting for prolonged periods of time.

**Tip:** Set a 30 minute timer on your phone while you're at work so that you don't forget!

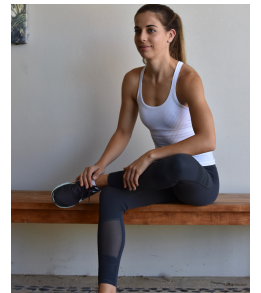
## Chest Wall Stretch

Stand in a door way and lift your arm and bend your elbow to 90 degrees so that your arm is parallel to the floor. Slowly lean forward until you start to feel a mild stretch at the front of your chest. Perform on both sides. Hold for **60 seconds** and perform **2-3 times per side**.



## Piriformis and Glute Stretch (Buttock Stretch)

While sitting on a chair bend the right knee and place the right ankle on the left thigh. For a deeper stretch gently bend forward from the hips keeping the back straight. You should feel a stretch in the buttock. Repeat on both sides.



## Wall Angels

1. Stand with your back, head and buttock against the wall.
2. Now try to flatten your low back using your core muscles so that you decrease the space between your low back and the wall.
3. Bring your arms up to 90 degrees and make sure your shoulders, elbows and wrists are touching the wall. If you are tight across the shoulders and upper back you may find it hard to do this while keeping your low back flat against the wall. The more you practice the easier it will become.
4. Take a deep breathe in and as you exhale slowly straighten the arms so that they are fully extended. Make sure your low back, shoulders, elbows and wrists don't come off the wall as you move the arms up. **Hold for 3 slow breathes**.

Start by performing **5 repetitions** and gradually progress by increasing the amount of reps.

