

Posture, stretch and strengthen



Incorporate these stretching, strengthening and mobility exercises into your working day. Set reminders on your phone to complete one each hour!

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Stretchy, stretchy!

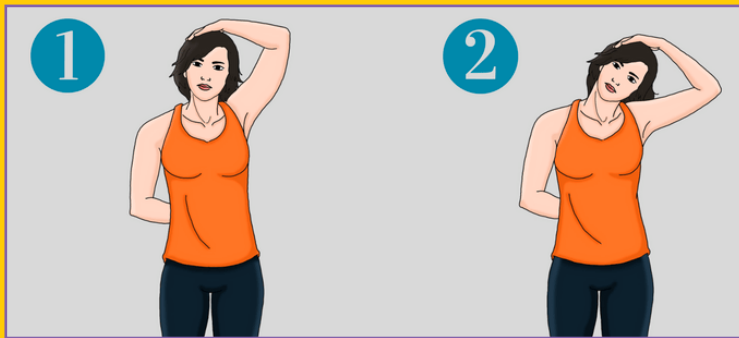
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Upper trapezius and levator scapulae stretch

The upper trapezius and levator scapulae often become tight with stress and poor posture.

Aim for 2-3 sets, with 30 second holds.

Upper trapezius

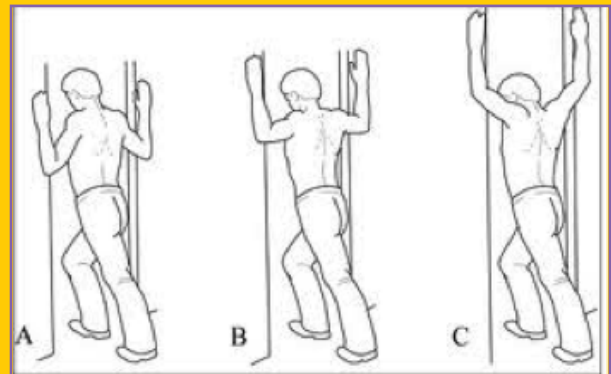


Pec minor/anterior shoulder stretch

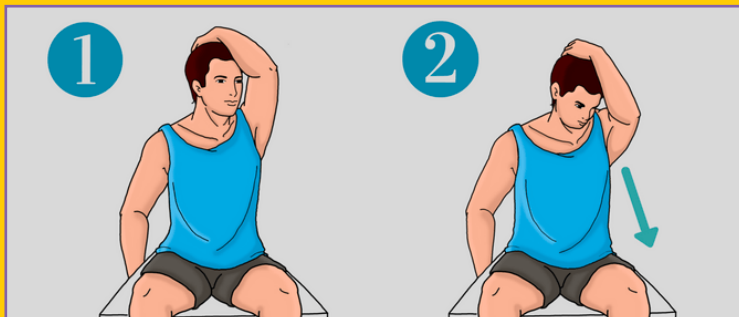
The pecs and anterior shoulder become tight and restricted when we slump down, especially sitting! These doorway stretches can help lengthen these muscles.

Aim for 2-3 sets, with 30 second holds.

Pec minor/anterior



Levator scapulae



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Strong, stronger!



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Strengthen mid back

The mid back gets very weak when we allow our body to slump forward for too long and can be strengthened with rows. Place emphasis on squeezing the shoulder blades together without lifting the shoulders to the ears.

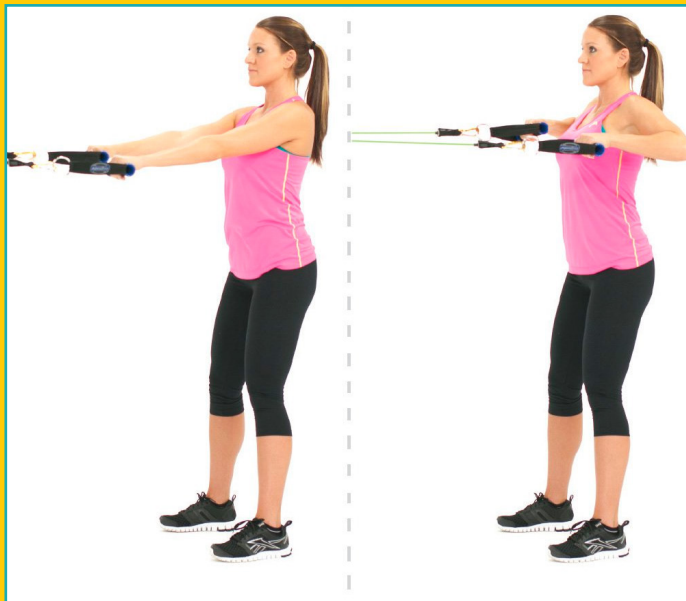
12 reps x 2-3 sets of banded rows focusing on a slow pull and release. Or if you have no band, try an isometric hold for between 5-10 seconds x 3-5 sets.

Strengthen deep neck flexors (DNFs)

In forward head posture the DNFs become long and weak. The chin tuck is one method aimed to retrain the DNFs to their basic muscle activation pattern.

Aim for between a 5-10 second hold repeat 3-5 times.

Banded row



Chin tuck



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Make a move.

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Massage ball

Use the weight of your body to apply pressure to the ball either on the floor (calf, glute) or against the wall (pec) follow on over the ball, spending more time on areas of particular tightness!



Cat camel

A staple in any mobility routine – and for good reason! Move from one position to the next slowly and with control, ensuring you accentuate each position as much as is safely possible.

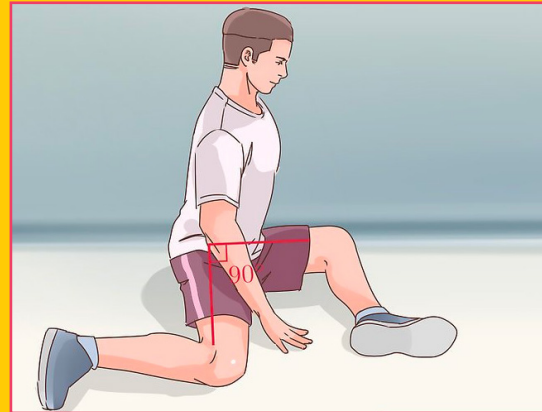
Perform 10 slow reps, alternating between each.



9090 play

This exercise is a great hip opener. Use your hands for support only if you need but move yourself around with your hips and knees. Play around, get comfortable by moving the torso forward, sideways and backwards slowly with control.

Complete one minute each side.



Wall slides

This one is equally about shoulder control and mobility. Start at the bottom position then slide your hands and elbows up the wall, maintaining a flat back and keeping the shoulders down away from the ears. Slide back down to complete.

Perform 10 slow reps.



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