

# Posture, stretch, and strengthen



These stretching, strengthening and mobility exercises can be incorporated into your working day. Set reminders on your phone to complete one each hour!

All information contained in this document is intended for general information purposes only. The information provided should not be relied upon as medical advice and does not supersede or replace a consultation with a suitably qualified healthcare professional.

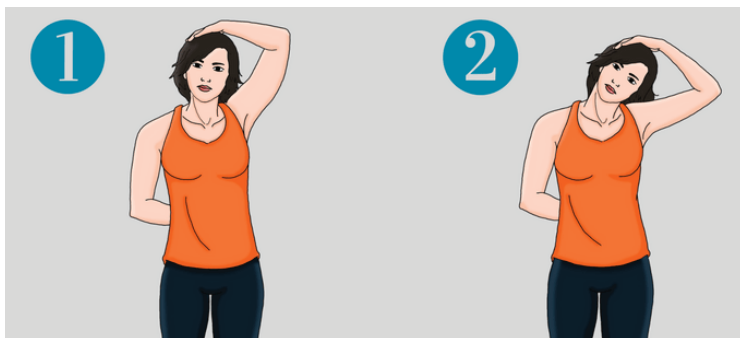
# Stretchy! Stretchy!

## UPPER TRAPEZIUS AND LEVATOR SCAPULAE STRETCH

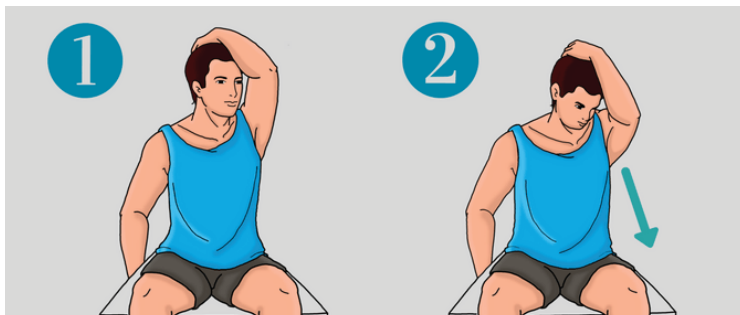
The upper trapezius and levator scapulae often become tight with stress and poor posture.

Aim for 2-3 sets, 30 second holds.

### UPPER TRAPEZIUS



### LEVATOR SCAPULAE

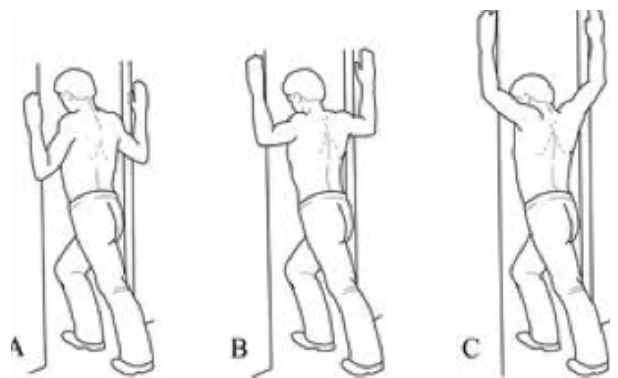


## PEC MINOR/ANTERIOR SHOULDER STRETCH

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, 30 second holds.

### PEC MINOR/ANTERIOR



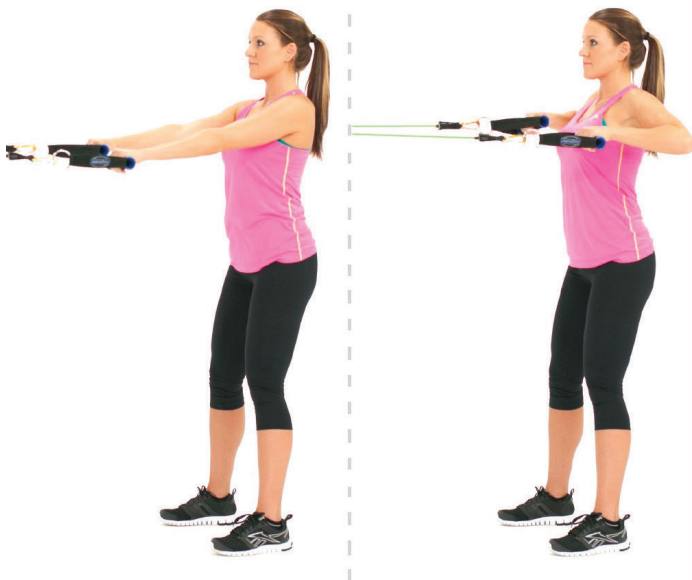
# Strong. Stronger!

## 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. Emphasis should be placed 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, an isometric hold held between 5-10 secs x 3-5 sets.

### BANDED ROW



## 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.

### CHIN TUCK



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# Make a move.

## 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).

Move the body 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 each position is accentuated 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.**

