

## Correct Seated Posture

**REPS: 1****SETS: 1****DAILY: 1****WEEKLY: 5****1****2**

This is just an example of ideal sitting posture. You can use a rolled up towel or similar at the small of your back to help decrease slouching.

### Setup

Begin sitting upright in a chair with your feet resting flat on the floor.

### Movement

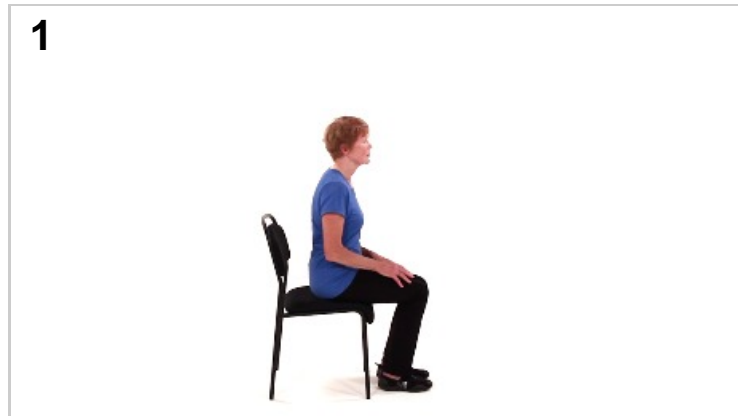
Imagine a string attached to the top of your head. Straighten your back as if the string were being pulled directly up to the ceiling.

### Tip

Make sure to keep your shoulders back and relaxed during the exercise.

# Sit to Stand

<b>REPS: 5</b>	<b>SETS: 1</b>	<b>DAILY: 1</b>	<b>WEEKLY: 5</b>
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This is just a good reminder video of leaning forward so that you have hip creases prior to standing up from your desk or your chair.

## Setup

Begin sitting upright with your feet flat on the ground underneath your knees.

## Movement

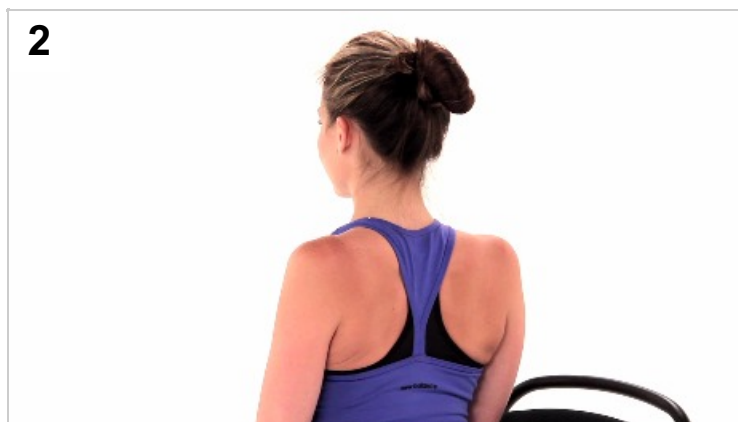
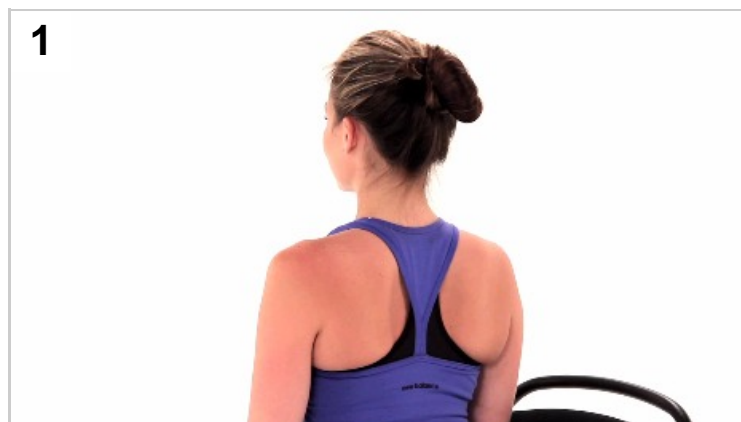
Move your shoulders and head over your toes, bring your knees forward, and allow your hips to come off the chair, then push down equally into both feet to stand up. Sit back down and repeat.

## Tip

Make sure to keep your weight evenly distributed between both legs, and try to keep your back straight throughout the exercise. Do not lock out your knees once you are standing.

# Seated Scapular Retraction

<b>REPS: 15</b>	<b>SETS: 2</b>	<b>HOLD: 10</b>	<b>DAILY: 2</b>
<b>WEEKLY: 5</b>			



## Setup

Begin sitting in an upright position.

## Movement

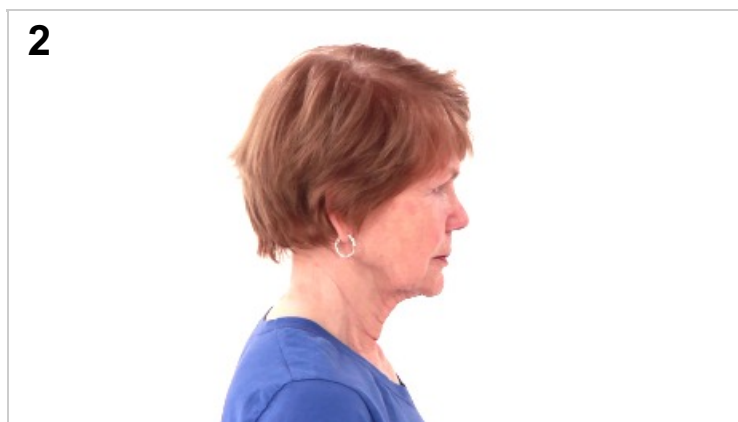
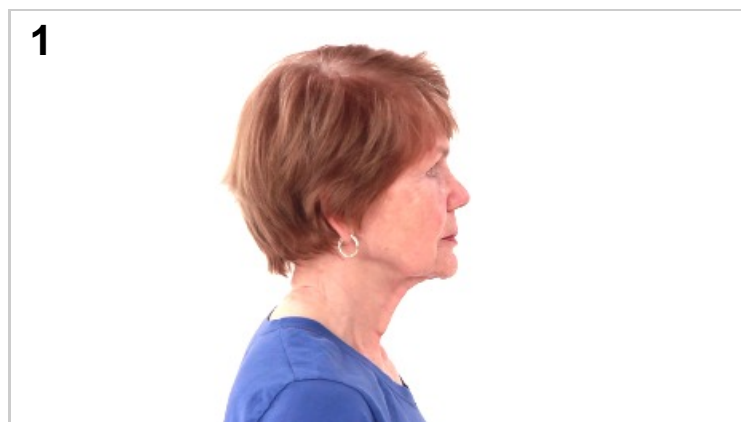
Gently squeeze your shoulder blades together, relax, and then repeat.

## Tip

Make sure to maintain good posture during the exercise.

# Seated Deep Neck Flexor Nods

<b>REPS: 15</b>	<b>SETS: 2</b>	<b>HOLD: 10</b>	<b>DAILY: 1</b>
<b>WEEKLY: 5</b>			



## Setup

Begin sitting upright in a chair.

## Movement

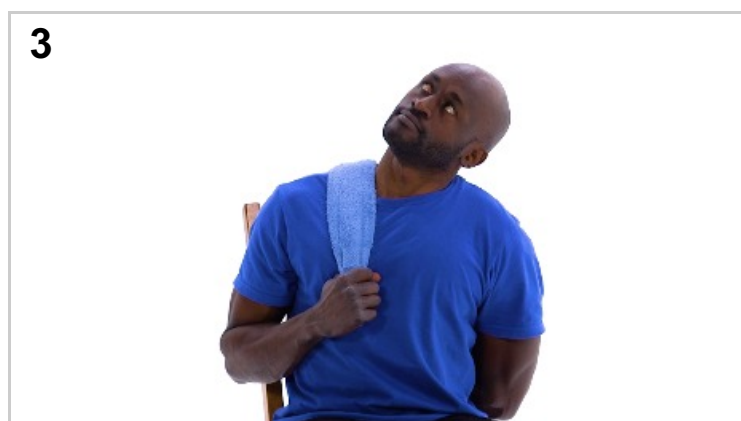
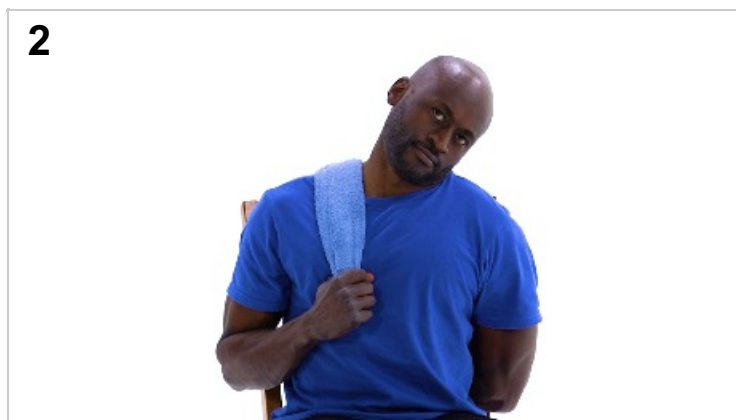
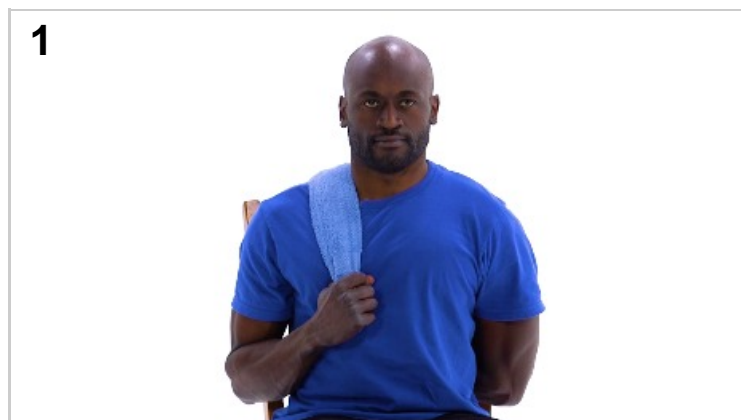
Slowly bring your chin down toward your throat, then return to the starting position and repeat.

## Tip

Make sure to keep the front of your neck relaxed and ears at the same level as you nod your head during the exercise.

# Seated Scalene Stretch with Towel

<b>REPS: 5</b>	<b>SETS: 1</b>	<b>HOLD: 30</b>	<b>DAILY: 1</b>
<b>WEEKLY: 5</b>			



## Setup

Begin sitting upright holding the ends of a thin towel that is draped over your shoulder close to your neck.

## Movement

Gently pull down on the towel, then slowly bend your neck towards your opposite side and turn your head upwards towards the ceiling until you feel a gentle stretch in your neck. Hold this position.

## Tip

Make sure to maintain an upright posture and keep your shoulders relaxed during the exercise.

# Seated Levator Scapulae Stretch

<b>REPS: 6</b>	<b>SETS: 1</b>	<b>HOLD: 30</b>	<b>DAILY: 2</b>
<b>WEEKLY: 5</b>			



## Setup

Begin sitting upright in a chair, grasping the edge with one hand.

## Movement

Rotate your head to the side opposite your anchored arm, then tuck your chin towards your chest. With your free hand, grasp the back of your head and gently pull it downward until you feel a stretch and hold.

## Tip

Make sure to keep your back straight during the exercise.

# Seated Upper Trapezius Stretch

<b>REPS: 6</b>	<b>SETS: 1</b>	<b>HOLD: 30</b>	<b>DAILY: 2</b>
<b>WEEKLY: 5</b>			



You can do this on a chair with back support as well.

## Setup

Begin sitting upright on a table grasping the edge with one hand.

## Movement

Rotate your head up and to the side opposite of your anchored arm and slowly lean it toward your shoulder, applying pressure with your hand until you feel a stretch and hold.

## Tip

Make sure to keep your back straight during the exercise.



# Seated Thoracic Self-Mobilization

REPS: 10	SETS: 1	HOLD: 2	DAILY: 1
WEEKLY: 5			



## Setup

Begin sitting upright in a chair with your arms crossed over your chest and a towel roll placed horizontally along the middle of your upper back.

## Movement

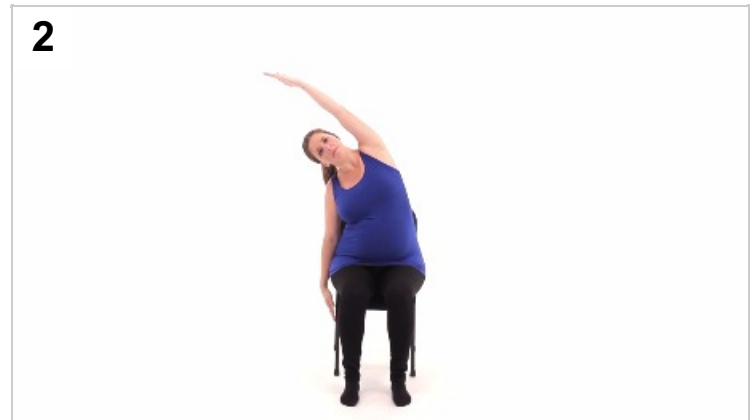
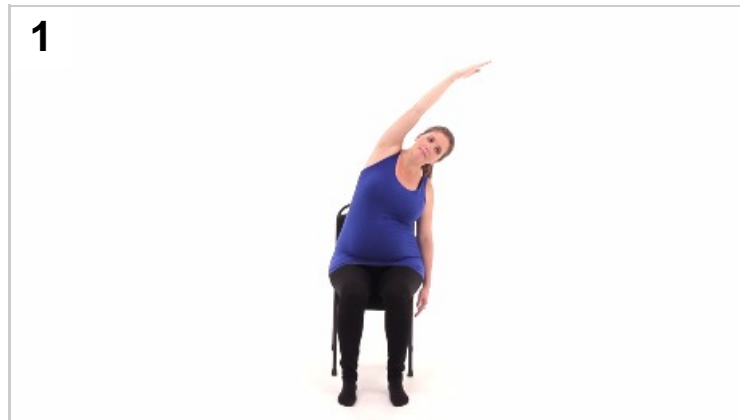
Slowly lean backwards over the chair as far as is comfortable, then return to the starting position and repeat.

## Tip

Make sure to maintain a gentle chin tuck during the exercise.

# Seated Alternating Side Stretch with Arm Overhead

<b>REPS: 15</b>	<b>SETS: 2</b>	<b>HOLD: 2</b>	<b>DAILY: 1</b>
<b>WEEKLY: 5</b>			



## Setup

Begin sitting upright with your arms resting at your sides.

## Movement

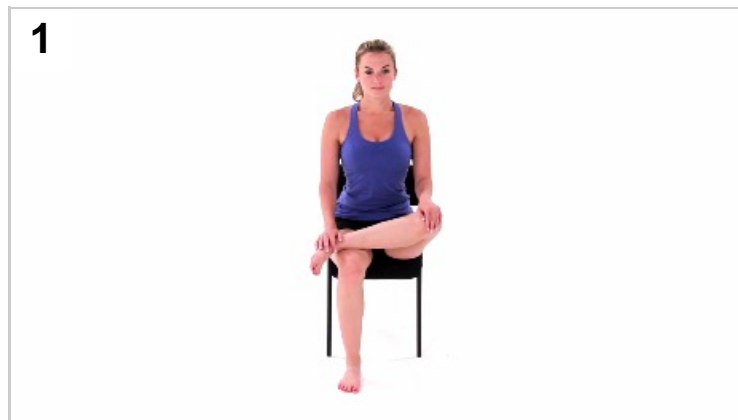
Reach one arm overhead and to the opposite side, bending your trunk. Hold, then return to the starting position and repeat to the other side.

## Tip

Make sure to maintain your balance and do not let your trunk bend forward or backward during the exercise.

# Seated Piriformis Stretch with Trunk Bend

<b>REPS: 5</b>	<b>SETS: 1</b>	<b>HOLD: 30</b>	<b>DAILY: 1</b>
<b>WEEKLY: 5</b>			



## Setup

Begin sitting upright in a chair with one ankle resting on your opposite knee.

## Movement

Slowly lean forward, gently pressing down on your bent leg with your hands until you feel a stretch along the underside of your thigh. Hold this position.

## Tip

Make sure to keep your back straight as you bend forward.

# Seated Flexion Stretch

<b>REPS: 5</b>	<b>SETS: 1</b>	<b>HOLD: 30</b>	<b>DAILY: 1</b>
<b>WEEKLY: 5</b>			



## Setup

Begin sitting in a chair with your feet on the ground, shoulder width apart.

## Movement

Bend forward as far as you can, letting your arms hang toward the floor.

## Tip

Make sure to keep your back relaxed during the stretch.

# Seated Transversus Abdominis Bracing

<b>REPS: 15</b>	<b>SETS: 2</b>	<b>HOLD: 10</b>	<b>DAILY: 1</b>
<b>WEEKLY: 5</b>			



## Setup

Begin sitting in an upright position with your hands on your lower abdominals.

## Movement

Slowly draw your navel in toward your spine, bracing your deep abdominal muscles. Hold, then relax and repeat.

## Tip

Make sure to sit tall throughout the exercise. Avoid bending your trunk forward and do not hold your breath.

# Seated Multifidi Isometric

REPS: 15	SETS: 2	HOLD: 10	DAILY: 1
WEEKLY: 5			



## Setup

Begin sitting upright in front of a table with your fingertips resting on the bottom of the table.

## Movement

Gently press up against the table, engaging your core muscles, then relax and repeat.

## Tip

Make sure to keep your trunk upright and do not press too hard during the exercise.

# Seated Diaphragmatic Breathing

REPS: 10	SETS: 2	DAILY: 1	WEEKLY: 5
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## Setup

Begin sitting in an upright position with one hand on your upper belly and your other hand on your chest.

## Movement

Take a deep breath in, feeling your stomach expand against your hand, then breathe out. Repeat.

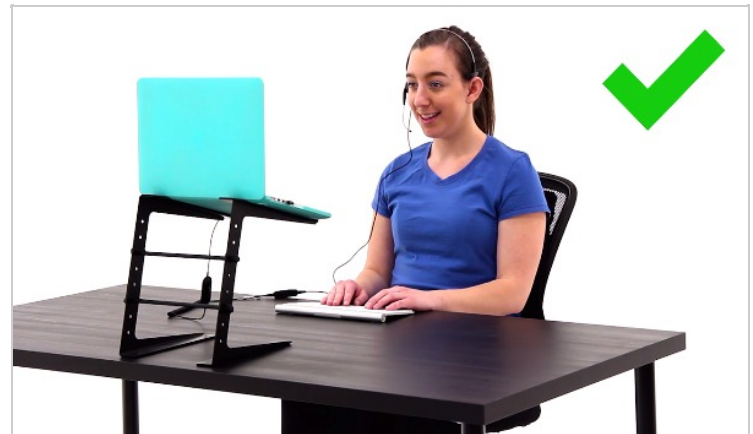
## Tip

You should not feel any movement in your chest as you breathe.

## Office Posture



**Healthy desk posture**



**Healthy phone posture**

Having healthy posture habits prevent common neck, shoulder and back problems and also improve your mood and energy throughout the day.

Here are some quick tips to help make sitting in front of a computer more comfortable:

- Keep your monitor at eye level, and place your keyboard close to your body.
- Sit in a chair with back support to avoid slumping
- Make sure your feet are firmly planted on the ground, or use a footstool if your feet don't reach the ground
- If possible, use a desk that can be converted to a standing desk to lessen the strain on your spine

Here are some quick tips to help make talking on the phone comfortable:

- Avoid tilting your head or holding a phone between your ear and shoulder
- Use a headset or headphones when possible to keep your head in a neutral position.
- Use a speakerphone when able to avoid tilting your neck

Here are some quick tips to improve your posture while texting:

- Try to keep your phone screen at eye level to avoid bending your neck
- Keep your neck relaxed and avoid shrugging your shoulders
- Use your index finger to prevent overuse of your thumb

### General Tips

- Keep your muscles loose by taking standing or walking breaks every 30-45 minutes
- When possible, give your eyes a rest by looking away from your computer every 20 minutes and focusing on a distant object