

easy



EXERCISES



FOR THE WORKPLACE



- WARM UP PRIOR TO EXERCISING. TRY WALKING FOR 10 TO 15 MINUTES, OR MOVING AROUND THE OFFICE.
- SLOWLY INCREASE THE STRETCH/ RESISTANCE AS YOUR MUSCLES LENGTHEN. DO NOT FORCE IT. AS YOU IMPROVE TRY INCREASING REPETITIONS TO IMPROVE FURTHER.
- NEVER STRETCH IF THERE IS PAIN, YOU SHOULD ONLY FEEL TENSION.
- BREATHE EVENLY WHILE STRETCHING. DON'T HOLD YOUR BREATHE.
- STOP IF YOU FEEL ANY SEVERE PAIN!

STRETCHING

STRETCHING KEEPS MUSCLE LOOSE AND BETTER PREPARED TO HANDLE DAILY ACTIVITY. REMEMBER TO STRETCH FREQUENTLY.

1. SEATED TRAPEZIUS STRETCH

START SEATED LOOKING STRAIGHT FORWARD. PLACE YOUR HAND, PALM UP, UNDER YOUR BUTTOCKS. WITH YOUR OPPOSITE HAND, REACH OVER AND GRAB YOUR HEAD. PULL YOUR HEAD TOWARDS YOUR SHOULDER. HOLD FOR 6-10 SECONDS. REPEAT ON THE OTHER SIDE. PERFORM TWICE.



2. BACK STRETCH

LIE ON YOUR STOMACH. USE YOUR ARMS TO RAISE YOUR CHEST OFF THE FLOOR. HOLD FOR 30 SECONDS. LET YOUR BACK RELAX, TRY NOT TO CONTRACT. REPEAT SEVERAL TIMES PER DAY.



3. BRUGGERS RELIEF POSITION

STAND TALL AND KEEP YOUR CHIN LEVEL WITH THE FLOOR. BRACE YOUR ABDOMEN. EXPAND YOUR CHEST OUTWARD, WHILE MAINTAINING THE BRACED ABDOMEN. ROTATE YOUR HANDS SO THE PALMS FACE OUTWARDS, AND THE THUMB POINTS A BIT BACKWARD. TAKE NICE DEEP BREATHS, HOLD FOR UP TO 30 SECONDS.



STRENGTHENING

IT IS IMPORTANT TO ENSURE YOU HAVE THE STRENGTH NEEDED TO MAINTAIN PROPER SUPPORT OF YOUR BACK AND NECK.

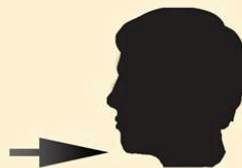
1. BIRD-DOG



PLACE YOUR HANDS AND KNEES ON THE MAT, BRACE YOUR ABDOMEN (BEAR DOWN). SLOWLY RAISE YOUR ARM AND OPPOSITE LEG. DO NOT ARCH YOUR BACK. HOLD THE LIMBS IN THE AIR FOR 3-5 SECONDS. REPEAT 10-20 TIMES. ALTERNATING LIMBS. IF YOU LOOSE FORM, DO NOT CONTINUE.

2. CHIN RETRACTION

ESSENTIALLY GIVE YOURSELF A DOUBLE CHIN. PERFORM 10 TIMES A DAY. PERFORM 10REPS/ 2 SETS. REMEMBER KEEP YOUR CHIN LEVEL.



FOR MORE INFORMATION CONTACT THE CHIROPRACTIC TEAM AT:

