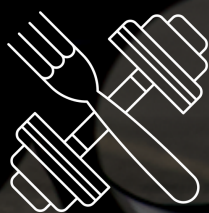




# POSTURAL SESSIONS

FOR DESK WORKERS



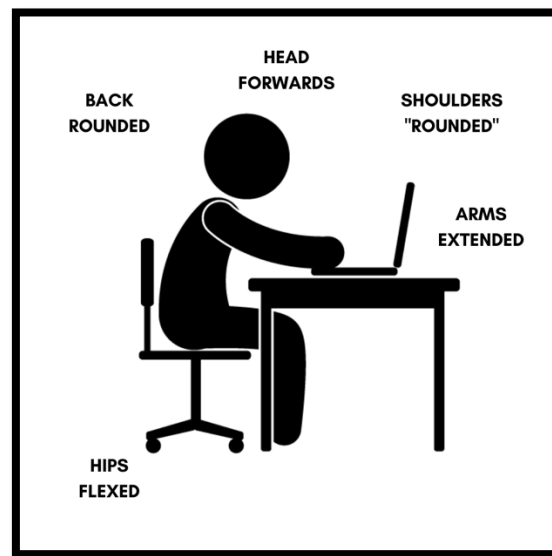
TOM HALES  
PERSONAL TRAINING

# POSTURAL RELIEF

## FOR DESK WORKERS

If you're working from home at the moment, chances are your work setup isn't ideal! The dining room table wasn't designed for 7 hours of sitting. Some of you might even be working from the sofa (like me as I write this!).

Being desk bound for long periods of time is bad at the best of times but being stuck at home has made things even worse for most of us. Does this look familiar?



Long term exposure to a seated position at a computer/laptop can result in the following postural abnormalities:

<b>Rounded Back + Rounded Shoulders</b>	These are almost the same thing – they often come together. Long periods of time spend in flexion at the thoracic (upper) spine and shoulder protraction (+ internal rotation and elevation) can all result in muscular imbalance where we'd much rather have balance. The chest becomes tight and the upper back becomes weak, pulling us into a hunched position – not good posture!
<b>Arms/Shoulders in Flexion</b>	Having your arms reaching to the keyboard and mouse (flexion and internal rotation at the shoulder) can lead to more shoulder rounding, poor posture and pain.
<b>Forward Head</b>	Staring at a screen all day that is often lower than your head, breaking only to check your phone screen (!), can lead to lengthened muscles in the back of your neck and posture related pain
<b>Hips Flexed</b>	A seated position requires hip flexion, but staying in flexion for a long time can cause the hip flexors to become tight. This can throw your pelvis out of balance and cause low back pain.

# THE PLAN

The POA to combat your sitting induced poor posture is to move at regular intervals.

*“The best posture is the one you change often”*

Below you'll find three (for the sake of variety) 5-10 minute routines that you can perform throughout the day at your leisure. I've split them by equipment, so if you don't have the piece required then just don't use that routine! If you have it all, just rotate between them. They all make use of a pvc pipe/stick/broomstick, which I'm assuming every household will have!

I'd recommend you get up for a walk once every hour as a bare minimum; make some tea, drink a glass of water and spend 5 minutes just walking about, plus you can perform one of these 1-2 times per day. Feel free to add as you see fit, e.g. when you wake up or before bed time. Don't feel the need to make the band resisted movements (e.g. Face Pulls) too difficult – just feel the movement.

*Note: these sessions won't address all of your mobility and/or flexibility needs, they are targeted at going some way to relieving some of your desk-related posture issues!*

*Where you see two stretches/movements next to each other, e.g. A1 & A2, run them side-by-side as a superset. In this case;*

## **A1. Kneeling Hip Flexor Stretch**

2 x 20s each side

## **A2. Glute Bridge Isometric**

2 x 20s

*You'll perform a 20 second hip flexor stretch on each leg, followed by a 20 second glute bridge isometric on each leg, and you'll run that for 2 sets.*

## **#1** (resistance band required)

### **A1. Kneeling Hip Flexor Stretch**

2 x 20s each side

### **A2. Glute Bridge Isometric**

2 x 20s

### **B1. Rear Foot Elevated Hip Flexor/Quad Stretch**

2 x 20-25s each leg

### **B2. Banded Hamstring Stretch**

2 x 20-25s each leg

### **C1. Band Pull Apart**

2 x 10-15

### **C2. Doorway Pec Stretch**

2 x 20s

### **D1. Band Shoulder Dislocates**

2 x 8-10

### **D2. Behind the Neck Band Pull Apart**

2 x 8-10

## #2 (foam roller required)

### A1. Rear Foot Elevated Hip Flexor/Quad Stretch

2 x 20-25s each leg

### A2. Foam Roller T-Spine Extensions

2 x 6-8

### B. Foam Roller Thoracic Rotations

2 x 5-6 each way

### C1. Prone YWTs

3 x 6, slow and controlled; rest 30s between sets

### C2. Foam Roller Snow Angels

3 x 10

### D1. Shoulder Dislocates

2 x 10

### D2. Doorway Pec Stretch

2 x 20s

### #3 (no equipment)

**A1. Rear Foot Elevated Hip Flexor/Quad Stretch**

2 x 20-25s each leg

**A2. Single Leg Glute Bridge Isometric**

2 x 15-20s each leg

**B1. Hamstring Towel Stretch**

2 x 20-25s each leg

**B2. Prone YWTs**

3 x 6, slow and controlled; rest 30s between sets

**C1. Shoulder Dislocates**

2 x 10

**C2. Doorway Pec Stretch**

2 x 20s

**D1. Quadruped Hip CARs**

2 x 5 each way each leg

**D2. Quadruped Shoulder CARs**

2 x 5 each way each shoulder