



## QUICK WORKOUTS AT WORK

BROUGHT TO YOU BY CAPITAL PHYSICAL THERAPY

Spending too much time in one position (*i.e. sitting*) day after day can cause muscles and joints to shorten or become strained. Two ways to combat this problem are to change your posture and get the body parts moving again. Stand up, take a few slow, deep breaths, and walk around for a few minutes. Change your perspective every 2 hours or so. Go to the window, look around, and see something other than the computer you've been working on for the last hour.

Now, back at your desk, you're ready to do a series of simple exercises that will get your physical and mental systems back online.



### SITTING

- Gently tilt your head forward and back; to the end of your available range of motion
- **Gently turn your head toward your shoulder, right and left; as far as you can without discomfort**
- Gently tilt your ear toward your shoulder, right and left; as far as you can without discomfort
- **Shoulder rolls - backward (forward rolls usually aren't needed)**
- Wrist circles - clockwise and counterclockwise
- **Ankle circles - clockwise and counterclockwise**
- Shoulder blade squeeze - Imagine that you are holding a small object between your shoulder blades as you pull them back.

### STANDING

- Arm circles - clockwise and counterclockwise, with arms out to the side
- **Knee bends - halfway down and come up (feet are flat on floor, buttocks is out, back is straight).**
- March in place.
- **Spine twists (arms out, gently twist right and left to the end of your available range of motion)**
- Spine side bends (arms at your side, gently bend right and left, to the end of your available range of motion)



Perform 5-10 repetitions of each.

In less than 10 minutes, you've stimulated your muscles and joints throughout your body and recharged your nervous system.

**TIP:** Ask us about the benefits of using a lumbar roll while sitting. (Available at our office). Refer to our *Posture Newsletter* on our website for tips on injury prevention.