

Personal exercise program

Seated desk exercises

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SITTING AT A DESK

Try and make sure your hips are slightly higher than knees. If your chair does not provide this then use a wedge.

Make sure you are in pelvic neutral; engage your pelvic floor and deep transverse abdominals.

Turn out slightly at the hips to find hip neutral and activate gluteus medius and maximus. This should have the effect of inhibiting your hamstrings.

If you tend to fix with your calves or hamstrings try and keep them in a lengthened position. This will not feel natural and they will try and creep back

to the shortened position that they have become used to! For example do you shorten them by sitting with your legs crossed or tucking your feet underneath the chair? It may help to have a foot support so that you can lengthen your calves.

People often ask what sort of office chair they should have. It does not matter how good the chair is if you do not maintain a good posture. Often the cheapest and most effective remedy is to roll up a medium sized bath towel and place it vertically between your shoulder blades. Try to also engage your shoulder blade muscles so that you are working from a stable trunk and not over-working your arm muscles.



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Seated Chest Opener Dynamic Stretch

Sit up straight on a chair. Place your hands behind your back on the chair.

Tighten the muscles between your shoulder blades and push your chest forward by pressing your hands against the chair.

Hold 5 seconds. Perform 5 times. Perform throughout the working day



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Seated Upper Back Stretch

Sit on a chair and gently lengthen your spine.

Push your hands forward and allow your upper back and neck to follow and bend forward. Feel the stretch in your upper back, while breathing evenly.

Hold 10 seconds. Perform 2-3 times. Perform throughout the working day.

Trunk Rotation



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Sit up straight on a chair. One hand is placed on the outer side of your opposite thigh/knee and the other hand behind you.

Twist your trunk, assisting with your hands until you feel a stretch in your side and back.

Hold 2 seconds. Perform 5 times. Perform throughout the working day



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Sit on a chair with one foot on the floor. Lift your other foot onto your opposite thigh.

Gently lean forward. Feel the stretch in your buttock.

Hold 20 seconds. Perform 2-3 times. left and right sides. Perform throughout the working day.



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Hamstring Stretch

Sit at the edge of a (sturdy) chair with one leg straight, heel on the floor.

Bend your trunk forward until you feel a stretch in the back of your thigh.

Note: Bend from your hips.

Hold 20 seconds. Perform 2-3 times. left and right sides. Perform throughout the working day.
