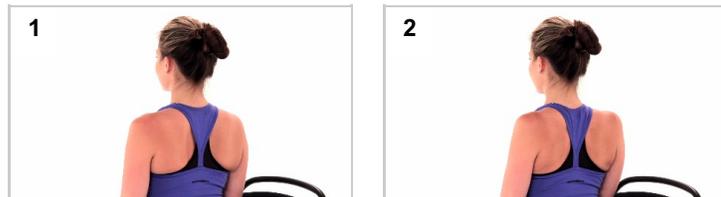


Clinician Notes

Set a timer and stand up from desk every 45 minutes or at least check your posture and get out of a slouched position

Seated Scapular Retraction

REPS: 5	SETS: 1	HOLD: 10 SECONDS
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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 Cervical Retraction

REPS: 5	SETS: 1	HOLD: 10 SECONDS	DAILY: 1
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Setup

Begin sitting in an upright position with your feet flat on the floor.

Movement

Gently draw your chin in, while keeping your eyes fixed on something in front of you.

Tip

Make sure that you do not look down as you do this exercise, or bend your neck forward.

Seated Cervical Sidebending Stretch

REPS: 1	SETS: 2	HOLD: 30 SECONDS
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Setup

Begin sitting in an upright position.

Movement

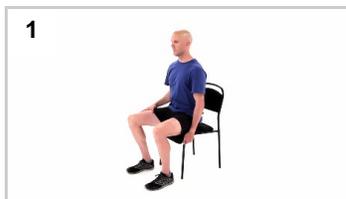
Use one hand to tilt your head sideways, pulling your ear toward one shoulder until you feel a stretch in the opposite side of your neck, and hold.

Tip

Make sure to keep your back straight and do not let your head rotate, or bend forward or backward.

Seated Levator Scapulae Stretch

REPS: 1	SETS: 2	HOLD: 30 SECONDS
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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 Child's Pose with Table

REPS: 1	SETS: 2	HOLD: 30 SECONDS
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Setup

Begin seated in a chair with a table in front of you. Your hands should be resting on the table, one on top of the other.

Movement

Bend forward at the waist to rest your head on the table. Hold this position, then return to the starting position and repeat.

Tip

Exhale as you bend forward into the stretch and inhale as you return to the starting position.

Seated Hamstring Stretch

REPS: 1	SETS: 2	HOLD: 30 SECONDS
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Setup

Begin sitting upright with one leg straight forward and your heel resting on the ground.

Movement

Bend your trunk forward, hinging at your hips until you feel a stretch in the back of your leg. Hold this position.

Tip

Make sure to keep your knee straight during the stretch and do not let your back arch or slump.

Seated Figure 4 Piriformis Stretch

REPS: 1	SETS: 2	HOLD: 30 SECONDS
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Setup

Begin sitting upright in a chair with both feet on the ground. Bring the ankle of one leg up onto the knee of your opposite leg.

Movement

Apply a gentle pressure with one hand on the top of your bent knee, and lean forward until you feel a stretch in your buttocks. Relax, then repeat.

Tip

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