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

<table>
<thead>
<tr>
<th>REPS: 5</th>
<th>SETS: 1</th>
<th>HOLD: 10 SECONDS</th>
</tr>
</thead>
</table>

1. Gently squeeze your shoulder blades together, relax, and then repeat.

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

<table>
<thead>
<tr>
<th>REPS: 5</th>
<th>SETS: 1</th>
<th>HOLD: 10 SECONDS</th>
<th>DAILY: 1</th>
</tr>
</thead>
</table>

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

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

<table>
<thead>
<tr>
<th>REPS: 1</th>
<th>SETS: 2</th>
<th>HOLD: 30 SECONDS</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="Step 1" /></td>
<td><img src="image2.png" alt="Step 2" /></td>
<td></td>
</tr>
</tbody>
</table>

**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

<table>
<thead>
<tr>
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<th>SETS: 2</th>
<th>HOLD: 30 SECONDS</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image3.png" alt="Step 1" /></td>
<td><img src="image4.png" alt="Step 2" /></td>
<td></td>
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</tbody>
</table>

**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.

Disclaimer: This program provides exercises related to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your health care provider.
Seated Child's Pose with Table

<table>
<thead>
<tr>
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<th>SETS: 2</th>
<th>HOLD: 30 SECONDS</th>
</tr>
</thead>
</table>

**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

<table>
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<th>HOLD: 30 SECONDS</th>
</tr>
</thead>
</table>

**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.

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Seated Figure 4 Piriformis Stretch

| REPS: 1 | SETS: 2 | HOLD: 30 SECONDS |

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.