

Reminders throughout out the day

- Check posture while standing and sitting- down and back rule
- Try not to sit for more than 20 minutes at a time in one position
- If you're in a prolonged flexed position (bent over the computer) remember to do the opposite motion, extension, hold for at least 20 seconds

Things to remember when stretching

- Hold each stretch for about 30 seconds
- Oo and ouch rule- want the stretch to be an oo I feel it, not an ouch I feel it
- Make the stretch unique to you- may make minor adjustments to get a better stretch

### **Scalene stretch-**

Both arms are by your side. Reach straight down with your right arm while gently leaning your head to the left (ear on your shoulder). You may move your head forward or backward, and side to side until you find a spot of tightness. Repeat on other side



### **Upper trapezius stretch**

Place your right hand behind your back and gently lean your head to the left (ear on your shoulder). You may move your head forward or backward until you find a spot of tightness. Repeat on other side



### **Middle trapezius and rhomboids stretch**

Grab your right wrist with your left hand and straighten both arms and the same time you're going to round out your back and shoulders while pulling on your right arm. You should feel the stretch in your mid back and also down your right side. Repeat on Left side.



### **Sternocleidomastoid stretch**

Flex your head to the right shoulder, rotate away from right shoulder, then flex your head to where you feel the stretch. You may need to cross your arms and hold your collarbones down to get a stretch.



### **Towel stretch**

Roll a large towel into long roll so that the towel can reach from your head to your buttocks. Lay down on the towel so that the towel follows your spine. Make sure your head is supported in a flat position in line with your spine. Your knees may be bent or straight and your arms are flat on the ground with palms facing the ceiling. Relax in this position for at least 90 seconds but can be held up to 5 minutes.



### **Back Strengthening- anterior stretching**

- Heels, buttocks, upper back, and head against the wall, (lower back should have your normal curve)
- Hold each position for 5-10 seconds

**No money pose-** shoulders are down and back, arms by your side with palms up, chin tucked in (double chin).



**Stick'm up pose-** slide arms up the wall and rotate lower arms into 90 degree flexion flat on the wall (at first you may not be able to lay your hands flat on the wall)



**Don't shoot pose-** slide arms further up the wall till your hands are above your head while still maintain your original stance (Heels, buttocks, upper back, and head against the wall, (lower back should have your normal curve)

