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www.americanbonehealth.org

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DRILLS FOR DESK WARRIORS



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If you spend time at your desks hunched over your work, incorporating some regular posture drills can help relieve stress, maintain alignment and stretch the muscles that support your bones. Incorporate these drills into your daily routine while you sit, and the benefits will go with you when you are up and about.





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DRILLS FOR **DESK WARRIORS**

Drill 1: Thoracic Extension

Improves upper back mobility and improves posture.



Place your hands behind your neck and lengthen your spine. Keeping your feet planted, inhale and stretch your upper back over the back of the chair. Exhale and return to tall sitting posture. Repeat 5-6 times.

Drill 2: Pelvic Tilt

Increases lower back mobility, activates pelvic floor and supports lower back vertebrae.



Sit with your pelvis at the back of your chair. Inhale and lengthen your spine. Exhale, tilt your pelvis and press your waistband to the chairback. Feel a stretch in the low back. Avoid collapse of the upper back. Repeat 5-6 times.

Drill 3: Chest Stretch

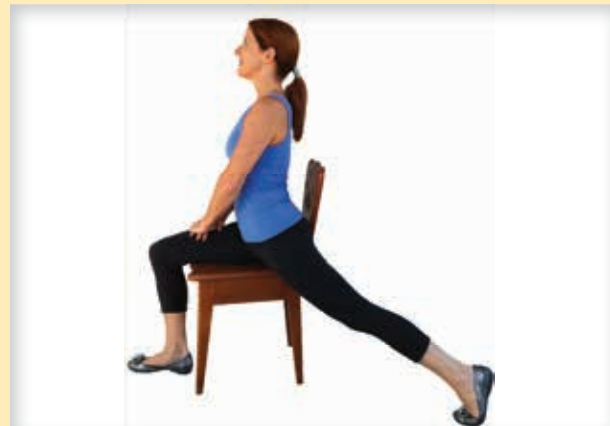
Promotes good posture, stretches pectoral muscles to protect upper back vertebrae and improve shoulder function



Hold the backrest of the chair. Roll your shoulders down and back. Draw your shoulder blades together. Lean forward, open the collar bones and stretch the front of your chest. Breathe deeply 5-6 times! Enjoy!

Drill 4: Hip Stretch

Increases hip mobility and relieves lower back tension.



Sit with L buttock off the edge of your chair. Send L leg back with L knee pointed down and the heel directly over the ball of the foot. Reach the L leg back until you feel a stretch in the front of the L hip. Keep the low belly drawn in to avoid arching the low back.



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