

VERTICALIGN

— POSTURE COACHING —

VERTICALIGN'S DESK POSTURE DAILY PLAN

You know you need to improve your posture to help your body recover from all those aches and pains. But how? And with what extra time? This plan is for you. Below is an exact plan that you can implement right now. Just tape this printout to your desk, or make it your desktop wallpaper.

These techniques can be done with minimal work breaks, and don't make you look too silly at your desk.

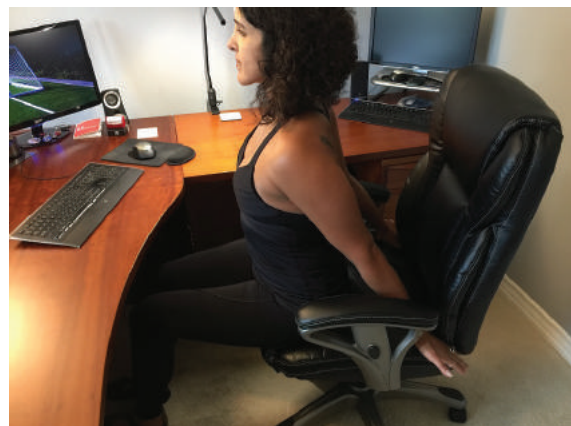
Before you begin, we highly recommend you download a browser extension or set up phone reminders that will give you hourly reminders to do each of these activities.

MORNING

Do the following, before you sit down at your computer

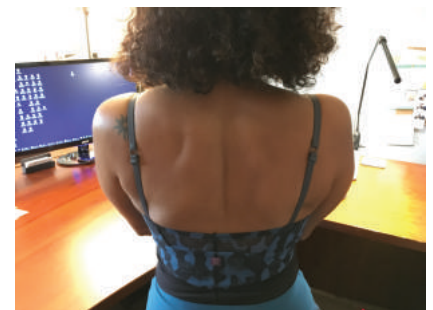
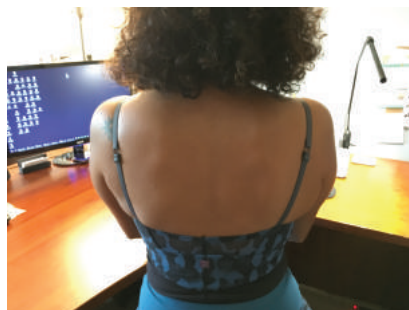
Desk Chest Stretch:

- Sit tall so that you can feel your sitting bones directly underneath you. Reach your arms behind you so you can grab the back of the chair.
- Squeeze your shoulder blades together behind you and make sure your shoulders are down and away from your ears.
- Make sure you are not flaring your rib cage forward while holding this position.
- Hold this position for 1 minute.



Isometric Scapula Contractions:

- Sit tall so that you can feel your sitting bones directly underneath you. Visualize a pencil between your shoulder blades, and attempt to squeeze the pencil.
- Make sure you are not tensing your neck muscles, or flaring your rib cage forward.
- Squeeze and release 20 times.



2 HOURS LATER

Spend 4 minutes in the following stretch positions

Seated Glute Stretch:

- Lift your left leg off the floor, open up your knee, and place your left ankle on top of your right knee. If you are super tight and can't reach, straighten your right leg a bit so your knee is not too high.
- Push your left knee open as much as you can towards the ground. Do your best to sit as tall as you can while maintaining your hands on the keyboard. The taller you sit, the more stretch you will get.
- Hold this position for at least 1 minute on each side.



Seated Twist:

- Sit tall so you can feel your sitting bones directly underneath you. Don't let your hips move, as you rotate from the mid back area to grab the back of the chair with one of your hands.
- Use the other hand on your arm rest to use as leverage, and attempt to pull yourself deeper into the rotation. Again, don't let your hips shift.
- Hold this position for 1 minute on each side.

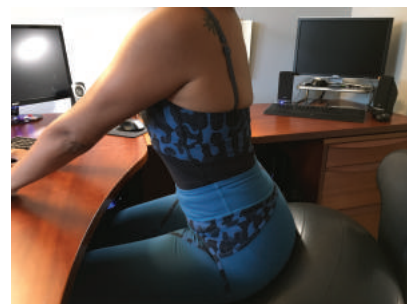


2 HOURS LATER

Spend 2 minutes moving through this dynamic movement

Seated Pelvic Tilts:

- Sit tall so you can feel your sitting bones directly underneath you. Roll yourself backwards a bit, until you are no longer on your sitting bones, and instead on your tailbone and your lower back is in a rounded position. You can pull in your abdominals to help you find this rounded position. You should feel a mild stretch in the lower back.
- Roll forward again until you are sitting tall again. Now roll forward even more until you are arching your lower back. You should release your abdominals to assume this position. If you lift your chest up tall to the ceiling you will get a bigger range of motion.
- Roll back to the starting position. Repeat this for 2 minutes. Move slowly and carefully and enjoy the stretching and mobility of this part of your spine.



2 HOURS LATER

Move your chair out of the way and hold this position while still working

Desk Hip Flexor Stretch:

- Move your chair out of the way and extend your left leg backwards behind you. Lift the back heel up so you are on the ball of the left foot.
- Bend your right knee forward until you feel a stretch in the hip and thigh of the left leg. Tuck your pelvis underneath you a bit to feel more intensity in the stretch.
- Hold this position for 1 minute on each side.



END OF THE DAY

Before you walk away from your computer, grab a wall (or even your desk) and finish with this amazing double whammy stretch that hits two different tight muscle groups:

Wall Hamstring Stretch:

- Place your hands on a wall or desk at the level of your hips. Drop your body down as low as possible. Do not pop the ribcage out and make sure you are not excessively arching from the middle of your back.
- It's very important that your lower back is in neutral position here (small arch in the lower back), so soften your knees if necessary, and flip the tailbone backwards towards the wall behind you.
- Hold this position for 3 minutes. (yes.. you can do it! You are done with your day!)



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self proclaimed "posture geek"

Get more information at:

WWW.VERTICALIGN.COM