

Notes : These exercises will help to improve your posture and relieve stiffness associated with long periods of sitting. You should not feel any pain during or after doing the exercises. Please consult a healthcare professional if you do.

1 Arm openers



Lie on your side with your hips and knees flexed, head supported and arms extended in front of you with your hands together. Slowly lift your arm and rotate your trunk to reach the ground behind you. Make sure you look at your fingertips during the entire movement to make sure you are rotating your spine and not only moving your arm. Hold the position. Come back to the starting position and repeat.

Reps: 6L&R Hold: 10s

2 Stretching glutes



Lie on your back with your knees bent, place one foot over the opposite knee. Grab behind the leg that is on the floor with your hands and pull it toward you until you feel a gentle stretch. Hold the position. Repeat on the other side. Push on your knee to increase the stretch. As an alternative, lie in front of a wall and use the wall to push your foot if you have trouble reaching the back of your leg.

Reps: 3L&R Hold: 30s

3 Hip flexor stretch



Position yourself in a lunge position on one knee. Grasp the rear foot with your hand. Slowly move forward while keeping the foot close to your buttock, keeping your back and hips straight (do not arch). Hold the position when you feel a gentle stretch.

Reps: 3L&R Hold: 30s

4 Double Leg Bridge



Starting position: Lie on your back with your hips and knees bent to 90 degrees and your feet on a chair.

Movement: Tighten up your stomach muscles and lift your bottom off the floor until your trunk and pelvis is in a straight line. Squeeze your buttocks and stomach muscles and hold the position.

Check that: You do not put too much pressure on your neck and that you do not over-extend your back by trying to lift your hips too high. It may be an indication that you are forcing the movement too much if your back hurts afterwards. If you find that your hamstrings cramp - shift your bottom closer to your feet.

Reps: 10 Hold: 10s