

Exercise plan:
Desk stretches

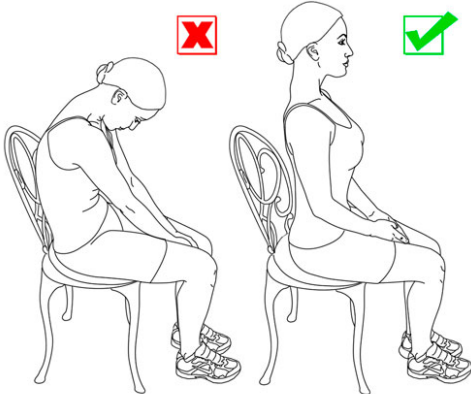
Patient:
Gillian Thomas

Date:
04th Aug 2020

Advice On Sitting Correctly

When sitting on a chair: 1) Keep your eyes on the horizon. 2) Do not let your head drop forwards or down. 3) Do not let your shoulders drop forwards. 4) Do not let your upper back round. 5) Keep a gentle backward curve in your lower back.

Video: <http://youtu.be/V5TGzXUJlqo>



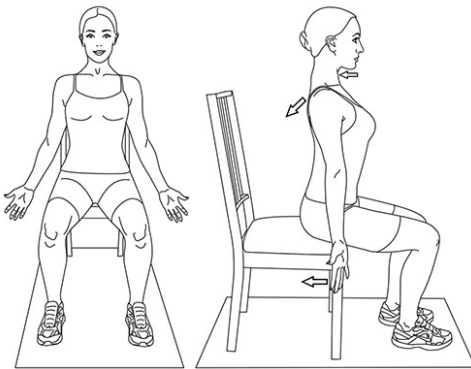
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Bruegger's Posture Sitting

Sit on the edge of a chair, and open your legs and allow them to relax outwards. Keep your body and spine tall, lift the crown of your head towards the ceiling, and arch your lower back slightly. Turn your arms outwards so your palms are facing forwards, and draw your shoulder blades down and towards the midline. Make a gentle double chin with your head at the same time. Breathe deeply throughout. You will feel a stretch across your chest and front, as well as muscles working in your back, all helping to improve your posture.

Sets: 1 | Repetitions: 5

Video: http://youtu.be/_uQ_-JeWTgU



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Slump Sitting

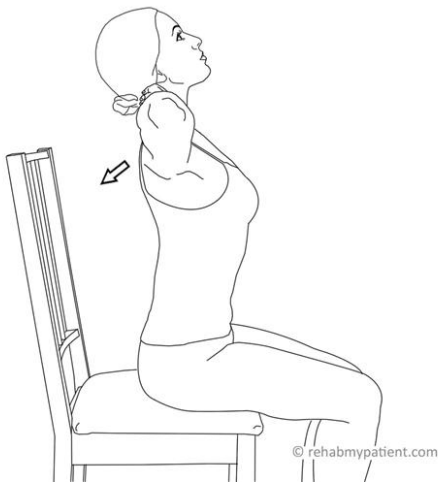
Sit down, and bend your chin down towards your chest, and slump forwards by rounding your back. This exercise is used to stretch the spinal joints.

Sets: 1 | Repetitions: 5 | Time: 10- 15 secs

Video: <http://youtu.be/QaW0cF5FpGo>



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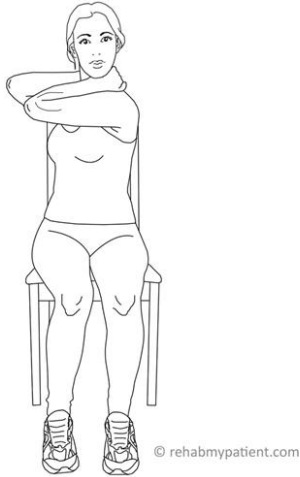


Sitting Extension

Support your neck by placing your hands interlocked behind your neck. Round your lower back slightly, to focus the movement to the upper back, and slowly bend backwards.

Sets: 1 | Repetitions: 5

Video: <http://youtu.be/Si0OKWUogjk>



Sitting Rotation 2

Sit upright on a chair, with your feet flat on the floor. Interlock your hands behind your neck, and twist to one side keeping your hips still. Your neck will follow the movement. Repeat to the opposite side. This exercise is a great mobility exercise for the spine.

Sets: 1 | Repetitions: 5 | Both sides

Video: <http://youtu.be/mj7nKlBkl6w>

Dear All, please stop any exercise that causes pain. If you have any questions with an exercise, just email me on gillianthomaspilates@gmail.com. Good luck and keep with it!