



# HOME EXERCISES

## HELP FOR SITTING TOO MUCH

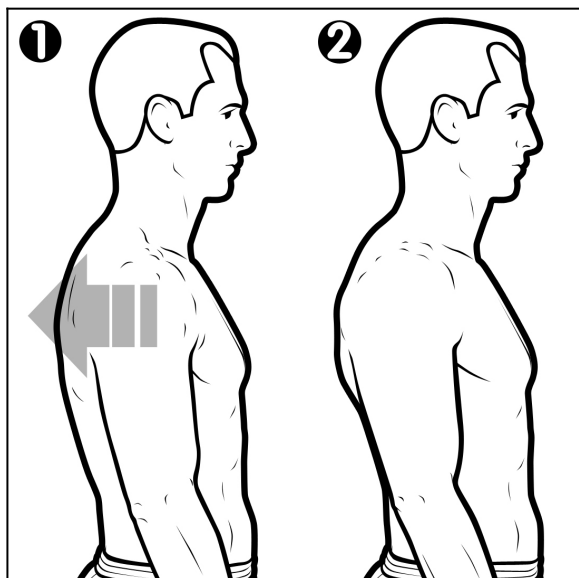


### CHIN TUCK AGAINST WALL

Start with your head relaxed against a wall. From this position, slide the back of your head up the wall slightly, so that your chin tucks in. Relax and repeat.

SETS & REPS: 10 reps

FREQUENCY:

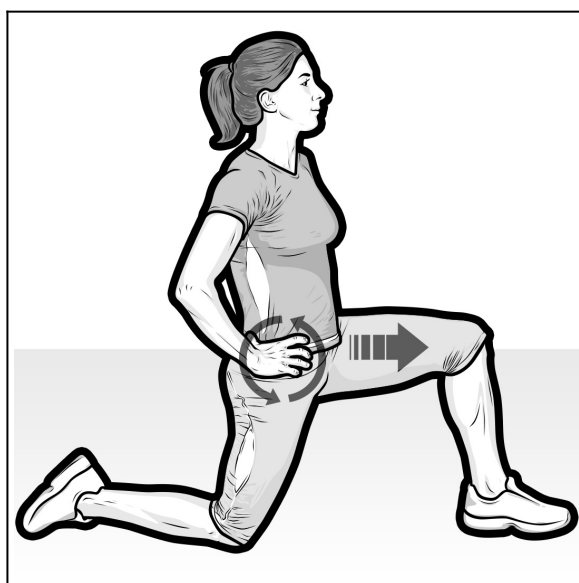


### SCAPULAR RETRACTION

Standing or sitting, start with your shoulders relaxed in their normal posture (1). Slowly and gently pull your shoulder blades back and down towards your spine (2). Hold this position then slowly relax and repeat.

SETS & REPS: 10 reps

FREQUENCY:



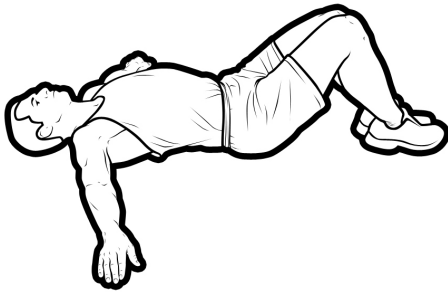
### HIP FLEXOR STRETCH

Half-kneeling, rotate your pelvis backwards until you feel a stretch in the front of your hip. Hold.

SETS & REPS: 30sec hold x  
2

FREQUENCY:

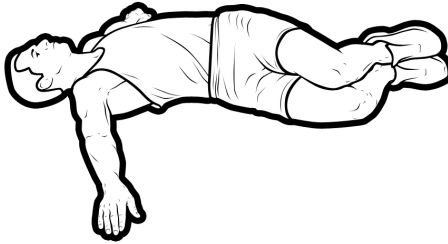
1



### LUMBAR ROTATIONS

Lie on your back with your knees bent, feet on the floor and arms outstretched (1). While keeping your shoulders flat on the floor, slowly roll your knees to one side as far as you can, rotating your lower back (2). Slowly return to the start position (1) and rotate to the opposite side. Repeat.

2

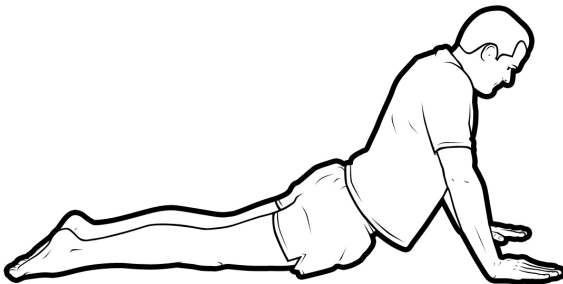


SETS & REPS: 10-15

FREQUENCY:

### EXTENSION IN LYING

Lying on your front on the floor, with your hands under your shoulders, push up through your arms to straighten your elbows and extend your spine as far as you are able. Lower and repeat.



SETS & REPS: 10-20 reps

FREQUENCY:

### EXTENSION IN STANDING

Standing, place your hands on your lower back and extend backwards as far as you are able. Relax and repeat.



SETS & REPS: 10-20 reps

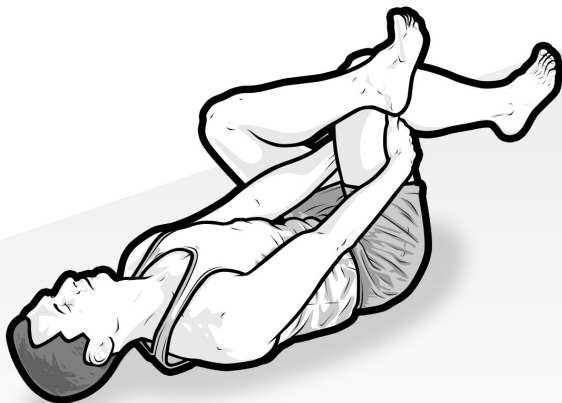
FREQUENCY:



### GLUTEAL STRETCH

Sit on a chair and place your ankle on your opposite knee. With both hands, gently push down the knee of the crossed leg. Maintaining a straight back, bend forwards from the hips until you feel a stretch. Hold.

SETS & REPS: 2x 30sec hold FREQUENCY:



### GLUTEAL STRETCH

Lie on your back and cross your ankle over your opposite knee. Now, bend your leg up towards you as far as you can. Grasp behind your knee with both hands and pull your leg towards your chest until you feel a stretch in your gluteals. Hold.

SETS & REPS: 2 x 30sec  
hold

FREQUENCY:



### PIRIFORMIS STRETCH

Lying on your back, bend one leg up as far as you can and grasp your knee with your opposite hand. Pull your leg towards your opposite shoulder until you feel a stretch. Hold.

SETS & REPS: 2 x 30sec  
hold

FREQUENCY: