

Office Dwellers



Plan of action to prevent tightness and pain:

- 1) Exercise before the work day if possible (walk, cardio, or resistance train).
- 2) If you can't exercise before work, do some mobility or stretching before (neck, upper back, hips, or follow below mobility protocol).
- 3) Make sure you have a good chair, back is flat against the back of the chair, feet are flat on the ground, your shoulders are pulled down away from your ears, and you are squeezing your core 20% at all times.
- 4) Work for only 90 minute stints at a time. Set a timer for every 90 minutes.
- 5) Try to squeeze in a NSDR (non sleep deep rest) every 90 minutes by laying down and closing your eyes and breathing for 10-20 minutes. This will help with focus.
- 6) If you have the option for a stand up desk alternate 30 minutes sitting, 30 minutes standing.
- 7) If standing, practice good posture. (Squeeze glutes 20%, core 20%, and relax the shoulders down away from your ears).
- 8) Always keep a glass of water beside you when you're working.
- 9) If you're starting to seize up, stand up, reset your posture, pull your shoulders down, squeeze your core 20% and sit back down.

Mobility Routine (Perform every 90 minutes before your NSDR):

- 1) 10 Thoracic spine wall extensions
(Press into the wall with both hands and alternate arching back then coming back up and squeezing glutes).
- 2) 10/10 Pec step outs
(Place one hand on the wall, step forward and twist so you're looking away from the wall and stretch, keeping your hand on the wall, then step back and repeat).
- 3) 10/10 Upper trap mobilization
(1 hand behind back, other hand pulling head off to the side, hold for 3-5 seconds).
- 4) 10/10 Leg swings
(Hold the wall with one hand, swing your opposite leg forward and backward).
- 5) 10/10 Standing Hip CARs
(Holding the wall do big reverse hip circles with the opposite leg).