

Desk Mobility

Choose 3 - perform 2-3 /day

Make sure you get up and move around for 5 minutes at least every 45 minutes

Arm Circles | Hands on Shoulders

Sets: 1 | Reps: 10 each way

Preparation:

- Sit tall, elbows bent, hands resting on shoulders

Execution:

- Make circles with your elbows



Make circles with your elbows



Make circles in the other direction



Circles Forward



Circles backward

Latissimus 'Open-Book' Stretch

Sets: 2 | Hold: 1 minute

Preparation:

- Arms on table, palms up

Execution:

- Lean backward from the hips



Arms on table, palms up - lean backward from the hips

Trunk Rotation

Sets: 1 | Reps: 10 each direction

Preparation:

- Sit with good posture feet on the floor with legs together
- Hands on top of head

Execution:

- Slowly rotate your trunk to one side
- Relax and return to the center
- Repeat in opposite direction



Start Position



Rotate trunk

Quad Stretch (Chair)

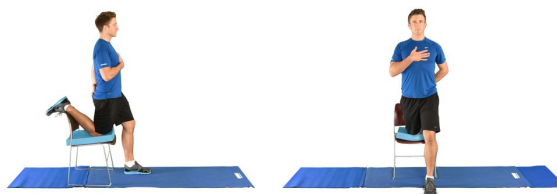
Sets: 2 each side | Hold: 1 minute

Preparation:

- Stand with leg on chair as shown

Execution:

- Lean into stretch



Start Position

Keep good alignment

Scapular Protraction (Wall)

Sets: 1 | Reps: 15-20

Preparation:

- Stand with one hand on the wall at shoulder height

Execution:

- Move shoulder blade back and forth
- Keep elbow straight



Start Position



Move shoulder blade backward...



...and forward

Shoulder 'Y' (Wall)

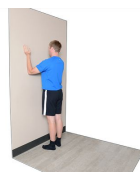
Sets: 1 | Reps: 15-20

Preparation:

- Stand with both arms up in a "Y" position

Execution:

- Slide your forearms up the wall using your shoulder blades, then lift your forearms off the wall
- Slowly lower your arms to the start position



Arms against wall, creating a "Y"



Slide forearms up wall



Lift forearms off wall