

Mobility Exercises for the Desk Worker.

All mobilizations should be held for a minimum of 30 seconds up to 2 minutes.
At no time should you be feeling pain, it should feel uncomfortable like a good stretch.

Neck Mobilizations with Variation

	<p>Neck Mobilization</p> <p>Seated, grab underneath the chair that your sitting on or sit on you hand.</p> <p>Bring opposite ear to your opposite shoulder until you feel a nice stretch. NO PAIN</p>
	<p>Variation</p> <p>After holding the mobilization above for 30 seconds or more proceed to this variation</p> <p>With ear to shoulder rotate the neck as if you were smelling your armpit.</p> <p>You can apply added pressure with you hand as shown in the picture.</p>

Pec, neck and bicep mobilization



Grab a wall or door frame approximately 90 degrees or above to the shoulder joint

Step forward with the same leg

To increase stretch lunge into it by bending at the knee of the front leg

To apply the stretch to the neck and down the arm bring opposite ear to your shoulder



Keep your shoulder back Do Not Roll Shoulder Forward.



Do not twist or bend forward to increase stretch

Make sure to keep your elbow straight

After your perform the Pec Stretch perform the Shoulder W's immediately.

Shoulder W's



Shoulder W's are meant to activate the lower traps and periscapular muscles to help bring the shoulders back into a functional neutral position.

Start with shoulder blades set in neutral by bringing them back and down.

Keep your elbows pinned to rib cage.

Can be performed without the theraband just focus on squeezing the shoulder blades back and down



Bring arms out to the side, keeping elbows as close to your side as possible to make a W shape.

Do not round your shoulders



While making the W with you arms squeeze the shoulder blades down and back.

Aim for Blue X

Figure 4 hip mobilization



Sitting up straight with a proud chest cross the leg you're trying to stretch over the opposite leg

Make sure to bring the ankle bone to the outside of the support leg **RED CIRCLE**



To activate stretch bend forward from the waist keeping a straight back and proud chest.

You should feel this stretch in the backside of your hip or glue area of the crossed leg.

Hold stretch for 30 seconds up to 2 minutes.



Do not slouch as you will lose the stretch in the hip if you find yourself slouching come out of the stretch and reset and continue when ready.



Variation

With the same starting position as above, maintain a straight back and proud chest.

Hug the knee with both hands and gently pull up to your chest.

You should feel this stretch closer to the midline of the butt.

Lunge Stretch, Couch Stretch Variation



Position back leg first while front leg is on the ground, knee down **Not shown**

When the back leg is position properly on bench or wall slowly bring the front foot into place while maintain a bent over position with a straight back.

This stretch can also be performed as a basic lunge stretch without back leg flexed on a bench or wall.



Straighten posture by extending from the hips, you will start to feel a stretch in the front of the hip of the back leg.

To increase stretch take a nice deep breathe in, on the exhale pull the belly button into the spine. Then squeeze the glute of the back leg.

Maintain a straight back and proud chest