

	<p>Chin Tucks- at work Sitting at desk, looking straight ahead. Give yourself a double chin (keep face vertical). Hold 5 seconds. Repeat x 3 Perform every 2 hours.</p>
	<p>Pectoralis Major Stretch Standing in doorway, shoulder and elbow bent to 90 degrees with forearm up doorframe. Lunge forward to stretch front of chest. (Keep torso perpendicular to door frame). Hold 20 seconds. Repeat x 2 each side. Perform at the end of the day.</p>
	<p>Thoracic Extension Stretch Lying on your back, hips and knees bent, feet on the floor. Have rolled up towel placed crossways underneath your back, in the mid-back (thoracic) area. Lift arms above head to rest on the floor. Hold 20 seconds. Repeat with towel in a slightly higher position. Perform at the end of the day.</p>
	<p>Gluteal Stretch Lying on back, 1 leg bent with foot on floor, other knee drawn towards chest. You should feel stretch in your buttock. Hold for 20 seconds. Repeat, x 2 each side. Perform pre- and post-exercise.</p>
	<p>Psoas Stretch Kneel on left knee, on folded towel. Right hip bent, foot on floor.</p>



Draw forwards at the hip, keeping pelvis horizontal (buttock tucked under).
You should feel stretch down the front of your hip and thigh.
Hold 20 seconds.
Repeat x 2 each side.
Perform pre- and post-exercise.



Hamstring Stretch
Lying on back, hip and knee bent with foot on ground.
Hook other foot through towel, lift leg in air until you feel a stretch down the back of your leg.
Hold for 20 seconds, then release.
Perform x 2 each side.
Perform post-exercise.



Calf Sretch- Soleus
Standing facing wall, hands on wall, 'stride standing'. (One foot forward of other).
Bend both knees, keeping heels on the ground, with most of body weight on rear foot.
Bend until you feel stretch deep in the rearward calf.
Hold 20 seconds.
Repeat each side.



Calf Sretch- Gastrocnemius
Standing facing wall, hands on wall, 'stride standing'. (One foot forward of other).
Keep rear leg straight, and bend forward knee.
Keeping heels on the ground, lean into the wall until you feel stretch on the outside of the rearward calf.
Hold 20 seconds.
Repeat each side.



Transverse Abdominus
Lying on back, fingertips in small of back, hips and knees bent to 90 degrees.
Draw belly button up and in, so back flattens onto fingertips.
Slowly lower 1 leg until pressure on fingertips decreases (ie until you can't keep your back flat on the floor).
Return leg to 90 degrees.
Repeat with other leg.
Perform x4 – x12 each side.
Rest and repeat.
Perform x4 per week.

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