

## Exercises for the Desk-bound

Take a short-break from your routine to relieve some of the back pressure you may feel while sitting at your desk all day. These exercises can help relieve discomfort and prevent injury.

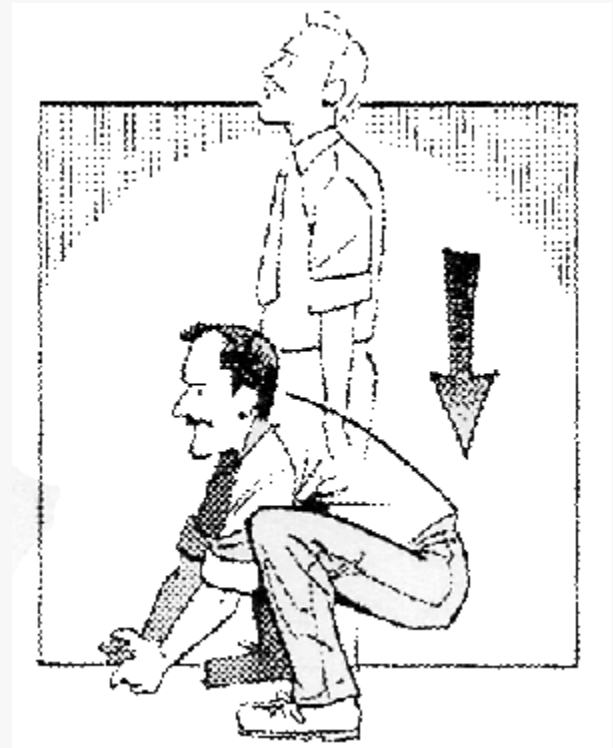
First, get the energy flowing through your body. Inhale fresh air through your nose; pause and exhale it out your mouth. Do this 6 times. Lift your arms high above your head to stretch your muscles and then lower your arms. Relax and repeat. These moves help your body relax and increase your circulation. Now you are ready for some back relief.



### Relieve Lower Back Pressure

- Exhaling, slowly lean forward, drop head toward knees and let hands drop at ankles. Hold 5 seconds.
- Inhaling, unwind, slowly bringing up the head.
- Exhaling, stretch arms toward ceiling.

Do this five times.



### Relieve Upper Back And Shoulder Tension

- Lift hands to shoulder.
- Keep elbows down as you push shoulders back with your arms.
- Hold this position for 15 seconds.

Do this 5 times.



### **Relieve Back Tension And Stretch Hips**

- Stand with feet apart and knees bent.
- Crouch your body as low as you can without pain.
- Hold this position for 5 seconds.

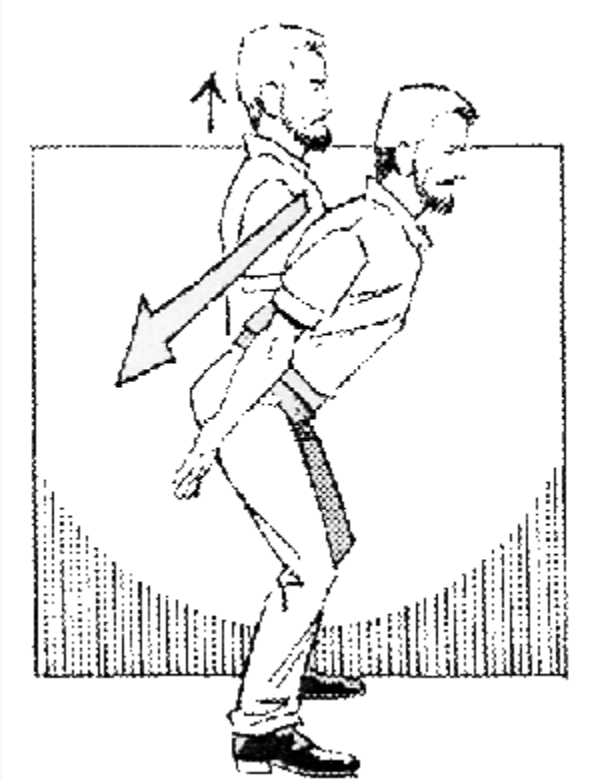
Do this 5 times.



### **Relax Shoulder, Back And Hip Muscles**

- Place your palms on your lower back in a standing or sitting position.
- Stretch back your upper body.
- Hold this position for 5 seconds.

Do this 3 times.



This information is not intended as a substitute for proper health care. If you are being treated for a back problem, exercise under the direction of your health care provider.

### **Strengthen Back And Buttocks**

- Bend your knees slightly as you stand with hands at your sides.
- Tilt your upper body forward as you push back your arms and buttocks.
- Raise your head and shoulders.
- You'll feel it in your back down to your legs.
- Hold this position for 10 seconds.

Do this 3 times.

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