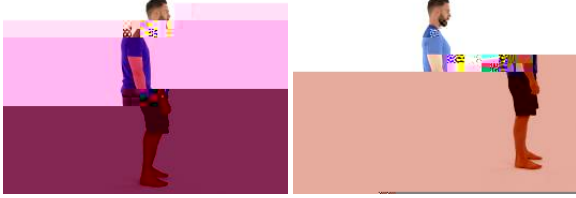


Notes :

1 Standing posture correction



Standing, Your weight should be distributed evenly between your two feet. Try to make yourself the taller you can be while breathing normally. Try to imagine a string going from the ceiling to the top of your head that is pulled toward the ceiling.

Freq: Daily

2 Correct position at desk



Sit with your buttocks slid to the back of the chair. Your feet should rest firmly on the floor or on a foot rest. Your elbows rest comfortably on the armrests. Gentle lumbar support is recommended. Sit tall, avoid sticking your chin out. Avoid prolonged neck bending. The top of the monitor should be at eye level. Take short breaks from repeated work every 20-30 minutes. If you have shoulder/arm pain, consider placing a pillow under your elbows. Remove the tilt from the keyboard and do not place the mouse beyond comfortable reach. Use a wrist pad for typing/mousing.

Freq: Daily

3 Posterior pelvic tilt



Can be done on chair as well. A chair with wheels works great! Sit on a ball with your thigh parallel to the ground, your feet flat on the floor and your back in a neutral position (slightly arched). Activate your lower abdominals (transversus abdomini) by bringing your belly button inward and by activating your pelvic floor muscles 20 to 30% of maximal contraction. Maintain a steady abdominal breathing while you round your back by rolling the ball forward. (Tucking your tail bone forward under your body) Return to the neutral position and repeat.

Sets: 1-3 Reps: 5-10 Freq: As needed for stiffness.

4 Anterior pelvic tilt on ball



Can be done on a chair as well with wheels works great! Sit on a ball with your thigh parallel to the ground, your feet flat on the floor and your back in neutral position (slightly arched). Activate your lower abdominals (transversus abdomini) by bringing your belly button inward and by activating your pelvic floor muscles (inner thigh) 20 to 30% of maximal contraction. Maintain a steady abdominal breathing while you arch your back by rolling the ball backward. (Tucking your tailbone backwards under your body) Return to the neutral position and repeat.

Sets: 1-3 Reps: 5-10 Freq: As needed for stiffness.



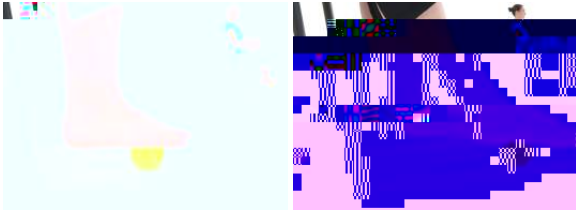
0 Calf release



Sit on the floor with one leg straight and your arms behind. Position the spikey ball so it is under your calf. Roll over the ball to massage the area.

Reps: 5-8 Rolls Freq: As needed with stiffness Duration: Or 20-60 seconds

1 Plantar fascia release



Sit on a straight back chair with one foot on a tennis ball, the other foot flat on the floor and your back in a neutral position (slightly arched). Roll the ball under the arch of your foot from heel to toes.

Reps: 5-8 Rolls Freq: As needed with stiffness Duration: Or 20-60 seconds

