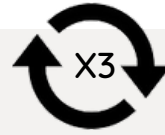


STRETCHING BASICS 101

| UPPER BODY |

SCM



1. Turn head away from the side being stretched
2. Tilt head slightly back
3. Face chin upwards

repeat on opposite side



SCALENES



1. Turn head away from the side being stretched
2. Tilt head slightly back
3. Face chin upwards

repeat on opposite side



TRAPEZIUS



1. Slouch forward rounding the upper back
2. Look down with chin on chest
3. Place both hands over the back of your head
4. Tuck elbows in and hold



TRAPEZIUS

1. Begin by putting the right arm behind you and grabbing it with your left hand
2. Pull the hand gently toward your left foot
3. Tilt your left ear toward your left shoulder

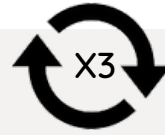
repeat on opposite side



STRETCHING BASICS 101

| LOWER BODY |

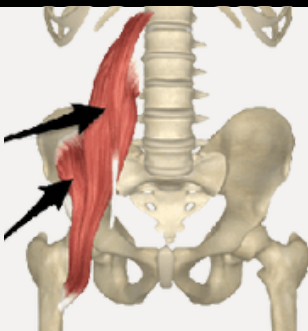
HAMSTRINGS



1. Sit at the back of your mat with your legs together and extended out in front, your feet flexed so your toes are pointing toward the ceiling.
2. Reach for you toes



ILIOPSOAS

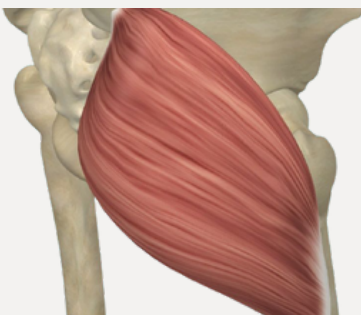


1. Kneel with one foot in front of the other
2. Bring foot behind towards your back

repeat on opposite side

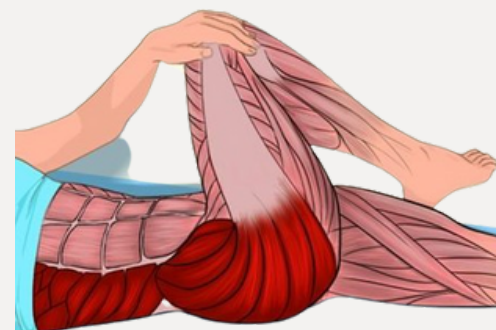


GLUTE MAX

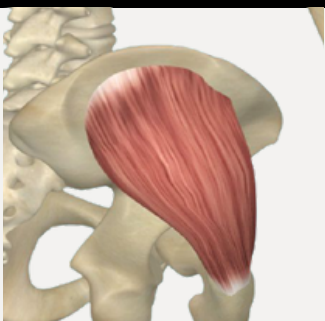


1. Lay flat on a mat or floor
2. Bend knee and cross thigh over body
3. Try aim to bring your knee toward the ground

repeat on opposite side



GLUTE MED



1. Sit flat on the ground with legs stretched out
2. Bend knee and hip and bring towards body

repeat on opposite side



STRETCHING BASICS 101

| LOWER BODY |

COBRA



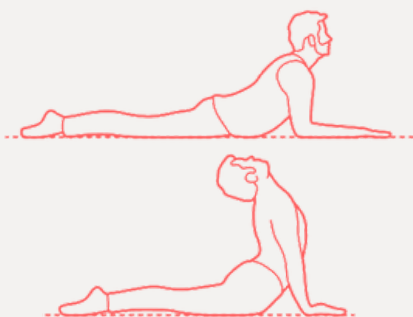
1. Lay flat on the floor with the tops of the feet to the mat.
2. Place the hands near the shoulders flat on the floor.
3. Press the thighs and the tops of the feet to the mat, push through the hands and lift the chest, keep the shoulders back and a slight bend in the arms.
4. Hold up to 30 seconds and release.

CHILDS POSE



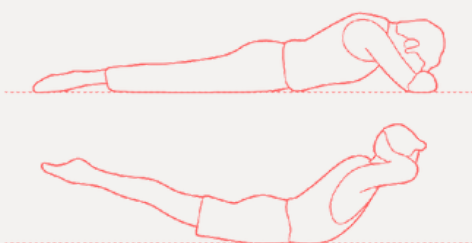
1. Rest your buttocks on your heels and bow and lengthen forward with your forehead coming to the floor.
2. Extend your arms and press your palms down with your eyes closed and inward.

SPHINX POSE



1. have the legs and stomach on the floors with the forearms on the ground,
2. push through the arms, open the shoulders and give the back a slight bend looking forward.

CROCODILE POSE

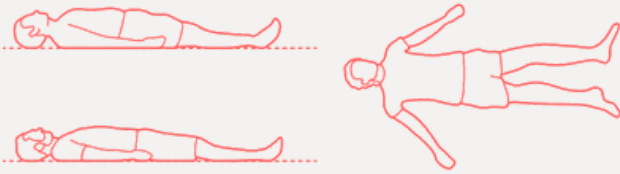


1. begin by laying on the stomach and bend the right knee maintaining a 45-degree angle, keeping the left leg straight back.
2. Place the hands underneath the left cheek for support.

STRETCHING BASICS 101

| LOWER BODY |

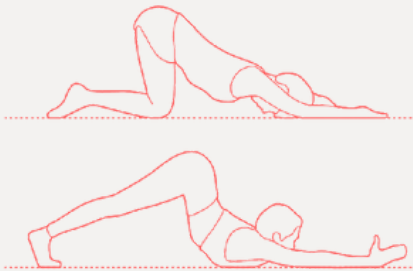
CORPSE POSE



1. lay on the ground with the feet falling to the sides and the arms a few inches from the body, palms facing up.
2. Begin to relax each part of the body from the toes to the head, using the breath.

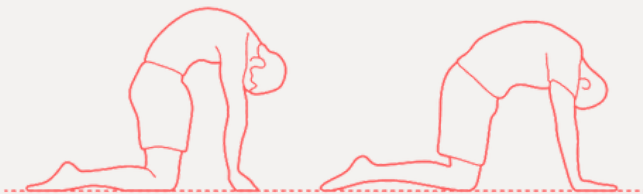
The true form of this posture is to bring the mind to a state of relaxation just before sleep. Use blankets, blocks and pillows to support the body for complete relaxation.

EXTENDED PUPPY



1. begin by laying on the stomach and bend the right knee maintaining a 45-degree angle, keeping the left leg straight back.
2. Place the hands underneath the left cheek for support.

CATS POSE



1. begging on all fours, in a tabletop position with a straight spine.
2. On the exhale, round the spine towards the sky and keep the knees and hands in position.
3. Allow the head to drop but do not tuck the chin too much

LEGS UP WALL



1. Place a folded blanket a few inches from the wall.
2. The distance of your placement from the wall will depend on tightness and height, try a few different places and get comfy!
3. Start laying on the side and roll hips onto the blanket with the legs going straight up the wall.

SPINE EXERCISES

| PATIENT HOMEWORK

NECK

Rolled towel for neck pain



A lot of neck pain complaints, mostly postural, can be attributed to poor sitting whilst at work. The natural curve of the neck is concave from behind and is known as the cervical lordosis. Whilst you may start off the day sitting with good posture, up straight nice and tall, your sitting posture will inevitably deteriorate throughout the day.

It is common to find workers sitting at their desks poking their chins forward towards the screen. Anatomically speaking, poked-chin posture involves increased flexion at the lower part of the neck, and increased extension at the upper part of the neck at the base of the skull. This disrupts the normal cervical lordosis and gives rise to stiffness and pain at the base of the skull and aching and discomfort around the shoulders. This is all because the body is now having to work extra hard to hold the head upon the shoulders.

To relieve the symptoms from sitting in this way, try using a rolled towel behind your neck when lying down. Ensure the towel is rolled thick enough such that when you are lying, your head is flush with your upper back, but not so thick that it props your head up like a pillow. Do so for 10-15 minutes. At the right thickness, you should feel well supported around the neck and able to relax the neck muscles completely thus giving them a much needed rest. Furthermore, over time this will passively restore the cervical lordosis. Check out these extra things you can do to reverse the effects of a poked-chin posture.

exercises adapted from
<https://thephysicaltherapycentre.com.au/neck-and-back-exercises/>

SPINE EXERCISES

| PATIENT HOMEWORK

UPPER BACK



Rolled towel for upper back pain



For the same reasons as above, desk workers in particular may suffer pain and discomfort in their upper back and shoulders region. Any posture that involves prolonged forward bending can result in pain between the shoulder blades and in turn, tightness or stiffness in the surrounding musculature.

Lying supine on a rolled towel placed vertically down the spine is an excellent way to undo the effects. A towel is preferred to a foam roller purely because of the softness of the towel versus the firmness of a roller. Also, the diameter of a foam roller is often too great and will therefore elevate you too far from the ground - this will place undue stress on your neck. As you will find, this exercise is quite intense and you may only be able to tolerate a maximum of two minutes lying in this way. When lying like this, allow your head, neck and arms to drop back as far as possible. These parts together act as a lever that helps to bend your spine back the other way. It is ideal to do this exercise on a bench so that your arms can drop further down past your body. To add further intensity to the exercise, you can perform it with arms outstretched. Try these extra exercises for relief from upper back pain



exercises adapted from
<https://thephysicaltherapycentre.com.au/neck-and-back-exercises/>

SPINE EXERCISES

| PATIENT HOMEWORK

LOWER BACK

90/90 position (a.k.a the astronaut position)



The 90/90 or astronaut position is an excellent rest position to try when you are suffering extremely painful lower back pain. Getting into this position decompresses your spine, removing any unwanted load from painful or injured areas so that you can at least catch your breath for a while. Whilst resting here, your body can get to work healing itself.

At home, you would try this up against your couch. Lie on the floor and bend your hips and knees both to 90 degrees so that your legs are lying on the seat of the couch. Stay here for about five minutes. It is called the astronaut position as this is the position your seat would face inside a space ship prior to blast off! Here are some extra things you can try for lower back relief, once you've rested in the astronaut position. Painful sleep? Here's some more info...



SPINE EXERCISES

| PATIENT HOMEWORK

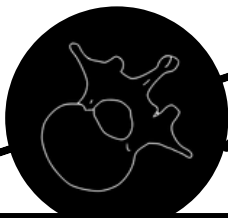
LOWER BACK

Hook lying



An alternative to the astronaut position is hook lying. Again, this is a rest position in which painful lower back pain should be relieved. It also reduces compressive forces through the lumbar spine but perhaps not so much as the astronaut position.

You simply lie on your back with your knees bent so that the soles of your feet rest on the floor. The exercise gets its name as the posture supposedly resembles the shape of a hook. Your imagination may well be required.



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BASIC PRINCIPLES

PROTECTING YOUR BACK

CARRYING

Keep objects that you are lifting or carrying close to your body

- The farther the object is from your body, the greater the strain will be
- Slide objects close to you or step toward them before lifting



WORKING

Work with your upper body as close to upright as possible & minimize twisting of your upper body

- Work with loads between waist & shoulder height; keep loads off of the floor if possible
- For low level work, bend your knees, squat or kneel or consider a longer handled tool
- Move your feet or swivel your chair instead of twisting at the waist or neck, so that objects you are handling or looking at are always in front of you



NEUTRAL

Maintain the natural inward curve of your low back

- This curve has a tendency to flatten when you bend or sit, increasing the strain on the low back



INJURY

Unexpected movements are more likely to cause injuries than deliberate movements

- Keep walking surfaces clear & take care to avoid slips, trips or falls
- Make sure objects you are moving do not shift during transport
- Proper storage will minimize injuries related to sudden movements to catch falling objects

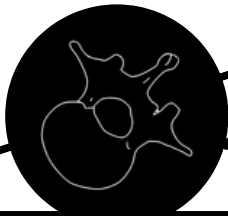


FOOTREST

Use a footrest for prolonged standing (~8 inches high can be used to help avoid static postures)

- Vary standing postures by shifting body weight from both to one or the other leg.





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WORK ORGANIZATION

PROTECTING YOUR BACK

TAKE BREAKS

Frequent short breaks are better than infrequent long breaks

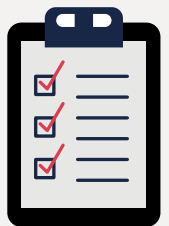


- The most important determinant of risk of injury is not the total time spent performing the activity; what is most important, is how long the activity is performed continuously without interruption
- Performing an activity for 2 hours all at once has a higher risk of injury than performing the 2 hours of activity in shorter segments, alternated with less fatiguing activities. This is because strained muscles heal if given time to heal & the healing time required depends on how long the muscles are strained. If muscles are strained for a long time, they'll need a relatively longer time to recover. Once discomfort occurs, muscles will take much longer to recover

ACTIVE REST

Rest break doesn't mean that no work can be performed

- Switching to a task that puts less strain on that muscle group
- Alternating sitting & standing tasks, or performing some stretches
- Alternating tasks that involve a lot of bending with those that utilize more upright postures
- Performing the task using different muscle groups (e.g., use your right hand instead of your left)
- When standing in one spot for prolonged periods, vary your posture by placing one foot on a footrest



EXTRA CARE

Take extra care & warm-up at high risk times

- After a day off, first thing in the morning or after waking up, after breaks or long periods of inactivity
- After sitting or after driving (the combination of sitting & vibration is especially hard on the back)



COMPUTER DESK ERGONOMICS

PROTECTING YOUR BACK

CHAIR

- Your chair should allow you to sit straight, with your arms relaxed at your side and your hands/wrists at a 90° angle to your keyboard/ desktop (chair should have short and adjustable armrests)
- Height of your chair should have your thighs horizontal to the floor, with your feet resting flat (if your feet don't reach the floor, use a footrest)
- Should be enough lumbar support to keep your back straight, with a slight lean of approximately 100°



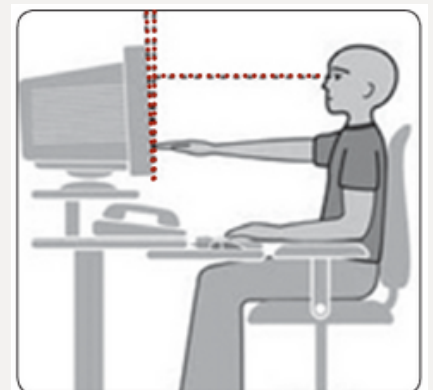
KEYBOARD & MOUSE

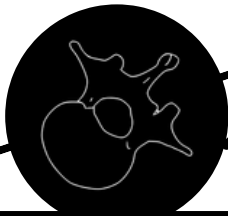
- Shoulders should be in a relaxed position, arms horizontally in front of you, and the mouse within easy reach
- Keep your wrists straight and flat, NOT bent up or down
- Your keyboard should be fairly flat, or on a negative slant
- Consider a keyboard tray to help keep your hands and arms in a neutral position
- Use a light touch on the keys; try not to pound, even with a deadline just moments away
- Keep your mouse as close to your keyboard as possible



MONITOR & WORK STATION

- Your workstation should be positioned to avoid glare from windows or overhead lighting
- Your monitor should be perpendicular to any window
- Line up your eyes with the upper third of the screen, and about 55 cm to 65 cm (22-26 inches) or an arms length away
- Adjust the brightness of your screen according to your comfort level on a regular basis
- Keep ambient lighting low and add task lighting as needed
- Keep your screen and eyeglasses clean





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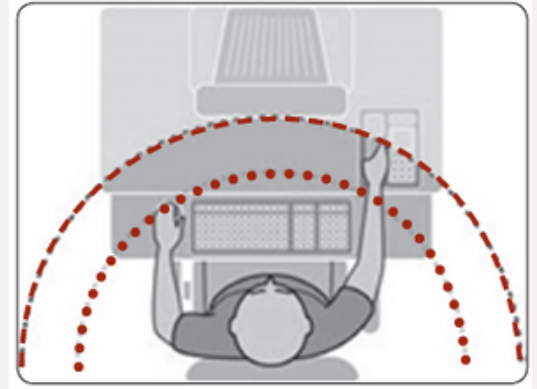
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COMPUTER DESK ERGONOMICS

PROTECTING YOUR BACK

TELEPHONE & GAGETS

- Your phone and any other gadget (calculator, stapler) you use regularly should be within 25 cm (10 inches) away from you.
- Don't cradle your phone on your shoulder while using the computer; when multi-tasking, hold the phone in one hand and the mouse in the other, use a headset or speaker phone
- If you're referring to documents as you work on the computer, use a document holder, set close to the monitor



LAPTOPS & ROAD TRIPS

- If you're packing more than 10 pounds, use a wheeled carrying case or try a backpack with padded straps
- Try to get a bulkhead or exit row seat (more room), and you'll be more comfortable working on your laptop
- Avoid screen reflection by lowering the window shade and overhead light
- Adjust your chair height and laptop in your hotel room or while working in a conference room. Your arms should remain at a 90° angle to your laptop
- Use a phone book or briefcase to act as a footrest – avoid positions that strain your neck

**GET UP, WALK AROUND & TAKE
REGULAR BREAKS EVERY 45 MINUTES
MAXIMUM!!!!**