

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.

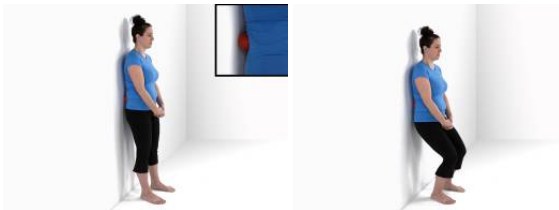
## 5 Lateral pelvic tilt



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 move your pelvis to one side and then the other, keeping your shoulders and your torso completely still. (Shifting your weight from one sit bone to the other) Repeat.

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

## 6 Lower back/QL release



Stand up with your back against the wall. Tilt your pelvis up to flatten out your lower back. Then place the lacrosse ball on your low back area (high glutes region). Keep your midline engaged, so you can maintain a neutral spine position. Slowly shift your hips side to side to massage the area (you may also move slightly up and down or in a circular motion). Do not roll the ball directly on the spine or any bony prominence.

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

## 7 Glutes release



Stand up with your back to the wall and position a lacrosse ball under your high glutes-slightly to the side of your hip. With the ball pinned against the wall, begin moving around the ball by bending your knees or by rotating your body side to side. Continue to work the entire glutes. (butt)

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

## 8 Glute release with ball



Sit down on a chair and position a ball under the glute area. Massage the region, searching for tender spots. You can pause for a few moments on the tender spot to release it further. You can also pull your knee across the chest to stretch your glutes at the same time.

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

## 9 Hip flexors release



Lie down on your stomach, supporting your weight on your elbows, knees and feet. Position the spikey ball under your hips and roll over the ball to massage the area, one side at a time. Do not go higher than the bony part in front of your hips (anterior superior iliac spine).

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

## 10 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

## 11 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

Notes :



**1 Standing posture correction**

Freq: Daily

GEN39329



**2 Correct position at desk**

Freq: Daily

GEN2554



**3 Posterior pelvic tilt**

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

GEN15817



**4 Anterior pelvic tilt on ball**

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

XGEN441



**5 Lateral pelvic tilt**

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

GEN15819



**6 Lower back/QL release**

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

GEN227369



**7 Glutes release**

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

GEN227370



**8 Glute release with ball**

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

GEN198338



**9 Hip flexors release**

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

GEN100652



**10 Calf release**

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

GEN100647



**11 Plantar fascia release**

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

GEN15859