

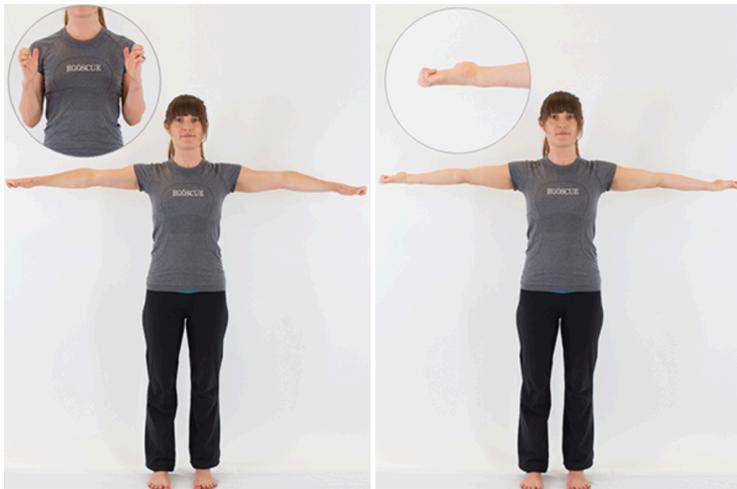
4 Free Back Relief Exercises for Home & Work!

These exercises are not intended as medical advice to treat any illness or injury. They are designed to help desk workers to improve posture and alignment. It is wise to consult your physician before starting any new program.

Not every exercise is safe for every person. Correct execution of all exercises is important to prevent injury.

These are general exercises that have helped people feel better by improving posture. If they don't provide full relief make an appointment at Pain Free Clinic of Denver for a postural assessment with corrective exercises designed for you based on the findings. Go to bit.ly/-----to set up your appointment.

Standing Arm Circles x 40 circles each direction



1. Stand facing mirror with your feet pointed straight ahead. Place your finger tips into the pad of each hand and point your thumb straight out.
 - o This hand position is imperative to the exercise being done correctly. It is called the "golfer's grip".
2. Squeeze your shoulder blades together backwards and bring your arms out to your sides at shoulder level.
3. With your palms facing downward, circle up and forward for the repetitions specified. With your palms facing upward, circle up and back for the desired repetitions.
4. Remember to keep your feet straight and your shoulder blades squeezed together.

Standing Elbow Curls



1. Stand against a wall with your feet pointed straight ahead.
2. Keep your heels, hips, upper back and head against the wall.
3. Place your knuckles against your temples with your thumbs pointed down to your shoulders.
4. Open your elbows so that they are against the wall and close your elbows together in front of your face.

Kneeling Groin Stretch



1. From a kneeling position, place one foot out in front of you with your knee bent
2. Interlace your hands and place them on your front knee
3. Lunge forward
 - Keep the knee of the forward leg directly above your ankle
 - Push into your hands to move your chest away from your knee
 - Your front leg should be supporting you as you are lunging forward
 - You should feel the stretch on the opposite/back leg
4. Hold as directed on your menu
5. Switch sides and repeat

Standing Gluteal Contractions



1. Stand with your feet pointed straight and hip width apart.
2. Squeeze and release your buttocks muscles.
 - Do not contract your stomach muscles nor your thigh muscles; they should be relaxed.
 - If it seems too difficult, point your feet outward 45 degrees for the first set and then straighten your feet up for subsequent sets.