



Therapy Tyline Lockdown Stretches



Lockdown Back Stretches

How Sitting Hurts Your Back

After a long workday, do you feel as refreshed as when you got out of bed that morning? A *negative* answer is the probability

Spending the majority of your day in a seated can leave you with a sore, stiff, and painful back.

Sitting, may be relaxing, can puts stress on the muscles and discs of your back and neck. Sitting

can results in tightness of your hip flexors

muscles and restricted blood flow of your butt muscles. The gluteus maximus muscle is an important supporter of the spine.



The longer you stay seated, the more your posture will deteriorate. Slumping can cause stretching of the spinal ligaments to beyond their healthy limit, and poor posture can affect your spinal discs. While sitting, when we are home working we are working on a laptop computer that results in a forward head position, rounded shoulder posture — aka "poor posture syndrome."

Consider these tips:

- Work standing at a high table or counter.
- Set a timer on your computer for a stand-and-stretch and have a comfort break every 30 minutes.
- Take a short walk during your lunch break.
- When in work consider face to face conversation with colleges as opposed to emailing them.

Remember during home working that varying postures is preferable for the whole body

as well as the back and neck, do not go to the opposite extreme and *never* sit. Mixing sitting, standing, and movement throughout your day is the best way you can keep your body healthy.



Learn safe methods of moving and lifting techniques to minimise the risk of injuring. While sitting keeping your back straight, this may help to relieve pain. This applies

equally whether you have back injury or not.



When there is known back problems check with your GP

Only go as far as is comfortable for you.

Seated spinal rotation

1. While seated or standing, cross your arms over your chest.
2. Hold your shoulders. This is the start position
3. Rotate your upper body from the waist, turning gently to the right as far as feels comfortable,
4. Hold the rotation for a count of 5

Only go as far as is comfortable for you.

5. Rotate to the start position and rest for a count of 5
6. Rotate your upper body from the waist, turning gently to the left as far as feels comfortable,
7. Hold the rotation for a count of 5

Only go as far as is comfortable for you.

8. Rotate to the start position and rest for a count of 5, this one cycle
 9. Increase the count to 15, then repeat 3-5 times.
- You should feel a tension on both side of your lower back as it stretches out.

Only go as far as is comfortable for you.

Backwards Back Extensions

1. Sit up straight with your feet together and flat on the floor
2. Put the palms of your hands into the small of your back.
3. Lean back over your hands, feeling your lower-back stretch out.

Only go as far as is comfortable for you.

4. Hold the rotation for a count of 5
 5. Slowly release and return to the start position
 6. Hold the rotation for a count of 5
- Increase the count to 15, then repeat 3-5 times.

Only go as far as is comfortable for you.



Forward Spinal Stretch

1. Sit up straight with your feet together and flat on the floor
2. This is the start position
3. Take a deep breath, breathe out as you slowly lower your hands down until they reach the floor,
4. Place your fingertips on the floor on either side your feet,

Only go as far as is comfortable for you.

5. Hold for a count of 5 continue
6. breathe in
7. breathe out as you slowly return to the start position
8. Hold for a count of 5
9. take a deep breath and repeat
10. Repeat three times.
11. With each dip try to stretch further down until your palms are flat. Don't worry if you can't do this,

only go as far as is comfortable for you.



Seated Forward Bend

1. Sit on the floor with your buttocks supported on a cushion or folded blanket and your legs straight in front of you.
2. Take a deep breath, lower your head forward, moving from your hips, not the waist - while keeping your back straight;
3. Attempt to touch the sides of your feet with your fingers, with your elbows straight, not bent

Only go as far as is comfortable for you.

If this isn't possible, loop a strap around the foot soles, and hold the strap firmly..

Do not forcefully pull yourself into the forward bend, whether your hands are on the feet or holding the strap.





Your lower belly should touch your legs first, then the upper belly, then the ribs, and the head last.

4. Stay in the pose for a count of 5.
5. To return to the start position, take a deep breath, raise your head backwards moving from your hips, not the waist while keeping your back straight:.
6. Stay in the start position for a count of 5.

Only go as far as is comfortable for you.

Knee to Chest Stretch



1. Lie on your back,
2. Slowly bring both knees up toward your chest.
3. Grasp the knees with both hands (either on top or under the knee)
4. Gently pull them towards your chest.

You should feel a mild to moderate stretch in the low back, hip, and buttock.

Only go as far as is comfortable for you.

Hold the stretch for a count initially of 5 increase to 15, then repeat 3-5 times.

Sit comfortably

It is even important to be set up comfortably at your desk. This can prevent back ache and other problems. Here's a handy suggestion.

1. Keep your chair close to your desk.
2. Adjust the chair height so your feet are flat on the floor.
3. The top of the VDU should be level with your eyes,
4. The VDU should be about an arms-length away from you.



ONLY go as far as is COMFORTABLE when STRETCHING.