



EBOOK



LIVIN' WELL

WORKPLACE EXERCISES

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EXERCISE QUICK GUIDE

6 STEP PROVEN PROCESS

* Necessary time to complete: 5-7 minutes

***Perform Every Hour**

1. Range of Motion ---> Yes, No, Maybe

2. Cervical Retraction ---> Double Chin

3. Bruegger's Posture Break

4. One of the Following:

- YWTL aka "Life Extensions"
 - W Exercise
 - Isometric Pull

5. Cervical Tracking ---> Up and Overs

6. Easy Stretch

- Look to the Ceiling
- Tip the Head
- "Sniff" the Armpit





IN THE WORKPLACE EXERCISES

The majority of neck injuries are the result of day in-day out micro-traumas, like poor postures and repetitive movements. This specifically comes from sitting too much and from spending extended periods of time in front of screens (T.V., computers, tablets, and handheld devices). To reconcile these bad habits there needs to be a conscious effort around screen time and posture. In other words, we need to practice good posture, take frequent breaks, and incorporate spinal hygiene movements into our routine.

If you have a desk job, you must take a break every 45 minutes or hour and spend 5-7 minutes doing these exercises. If your employer is concerned about you taking breaks and not working while doing these exercises, they can rest assured that you will be more energized and productive following this minimal break. These exercises will minimize work related injuries and time off from pain syndromes, as well as increase your overall health and wellbeing. All employers want this for their people!

The following exercises must be done in the order provided. The goal is to warm up, activate the muscles that are dysfunctional in a sitting posture, and then stretch everything out. These will target the important aspects of a healthy spine: mobilization, activation/strength, and flexibility in the regions crucial for a healthy posture.

SIMPLE RANGE OF MOTION

YES, NO, MAYBE WARM-UP

This should be done nice and slow, do not rush this as it serves as a warm up for what is to follow. Once you feel a slight “pull” the movement is completed, do not force it past this point as it could lead to injury.

- 1.) “Yes” Movement: Look down and bring your chin to your chest nice and slow, followed by bringing it up, pointing your nose at the ceiling. Do this entire movement 5 times.
- 2.) “No” Movement: Look as far as you can to the right, keeping your nose pointing straight ahead until you feel a slight pull, then do the same to the left. Do this entire movement 5 times.
- 3.) “Maybe” Movement: With your shoulders pulled down and back, bring your ear right ear to your right shoulder (don’t move your shoulder to your ear) and then your left ear to your left shoulder. Do this entire movement 5 times.



CERVICAL RETRACTION



This is done to combat the forward head posture associated with sitting. Essentially you are mirroring the faulty posture position. If you struggle with any type of neck pain this exercise is essential to help bring the head back over your shoulders. For every inch of forward head posture (every inch your ear is in front of shoulder) the demand and strain on the neck is increased by 10 lbs. In other words, if your head is the average 12 pounds and you have 3 inches of forward head posture, your head now feels like it weighs 42 pounds to your cervical spine, discs, and surrounding musculature. This is the equivalent of carrying a 5 gallon jug of water on your neck and shoulders every single day! And we wonder why poor posture is associated with headaches, stiffness, arm numbness, tingling, and neck/upper back pain.

To do this exercise at your work station follow the sequence below.

#1. Sit up in a straight/neutral spine position and bring your shoulders back and down.

#2. Take your index and middle finger and place them in the center of your chin.

#3. Bring your ear back over your shoulder while at the same time lightly pushing the chin backwards with your fingers. You will be tucking the chin at the same time you are bringing the ears over your shoulders, but without tipping the head up or down. If you do this correctly you will be forming a “double chin.”

#4. Hold for 5-10 seconds and then relax to the starting position.

#5. Repeat 5 times
If you are doing this correctly you should feel a slight pull right behind your head (underneath your skull).

BRUEGGER'S POSTURAL BREAK

This exercise does just what it sounds like... gives you a break from your poor posture. Scoot toward the front of your chair with your hips and knees bent to 90 degrees. Sit straight up and bring your arms to the side with your elbows straight and palms facing forward. While keeping your spine straight and without moving your lower back, bring your shoulders back and reach towards the floor squeezing your shoulder blades downward and together. Hold this for 5-10 seconds and then relax. Repeat the movement 5 times.



*This is something that can be done as part of this exercise series or you can do one repetition every 15-20 min as part of your normal routine if you sit at a desk all day. The only difference is you will hold the position for 15-20 seconds instead of 5-10 like in the exercise sequence.

Y W T L



- Sit or stand in a straight/neutral spine position with the neck retracted and the ear directly over the shoulder.
- Brace the abdomen by tightening the core.
- Bring both arms up over your head angled at 45 degrees from horizontal with the elbows straight.
- Bring the shoulder blades down and back as if you were trying to hold a pencil between them.
- Hold this position for 5 seconds, and then move to the next position.

- Bring the elbows into your side forming a W with your torso and arms
- With your elbows pulled in to the sides as far as possible bend the elbows to 45 degrees and pull the thumbs back. Imagine that someone is holding on to your thumbs and is pulling them back and towards the middle of your spine.
- Hold this position for 5 seconds, and then move to the next position.

- Straighten the arms all the way locking out the elbows.
- Make a T with your arms and torso by bringing your arms level with the horizon at the height of the shoulders.
- Focus on bringing the shoulder blades down and back without sticking the chest out too far or moving the arms too far behind you.
- Hold this position for 5 seconds, and then move to the next position.

- Bring the elbows as far into the sides as possible (just like with the W).
- Bend your elbows to 90 degrees so your forearms are level with the horizon.
- Once again, imagine that someone is behind you pulling your thumbs back and towards the center of your spine.
- Hold for 5 seconds, and then relax for a few seconds.

REPEAT 3X

W EXERCISE

This is the same movement as the W portion of the YWTL exercise. Move to the front of your chair or stand up in a straight spine/neutral spine position.

- Place your palms up
- Bring your elbows into your sides bent at about 45 degrees
- Bring your thumbs back squeezing the shoulder blades together.
- Hold for about 5 seconds, relax, then repeat 5 times



You can make this exercise more difficult with a resistance band. In the initial starting position hold the band with both hands in a palm up fashion. You will move through the same motions while lengthening the band and squeezing the shoulder blades together.

ISOMETRIC PULL

Move to the front of the chair or stand in a straight/neutral spine position.

1.) Raise your shoulders 90 degrees to the side or level with the horizon

2.) Cup both of your hands making a "C" shape

3.) Bend your elbows all the way to the chest

4.) Lock your hands together, keeping your shoulders up and your elbows out

5.) Pull your hands away from each other in the direction your elbows are pointing. Also make sure to squeeze your shoulder blades together.

6.) Hold for 5 seconds, relax, then repeat 5 times



CERVICAL TRACKING

Sit in a straight/neutral spine position with your shoulders pulled back and downward. Slowly and controlled look up and over your left shoulder, hold for 2 seconds, and then return back to center. Then slowly and controlled look up and over your right shoulder, hold for 2 seconds, and return to center. Repeat this to both sides 5 times. With this exercise you are extending, rotation, and laterally bending your neck all in one motion. The best way to describe this movement is to picture your workstation in the middle of a room. When you look up and over your shoulder you should be looking to the corner over your left or over your right shoulder. This is one of the motions we see babies perform as they lay on their bellies and gain head control. This is known as panning (as they pan back and forth around the room) and is an essential component in infants developing a normal healthy cervical curve.



**** Precautions:** This is to be a slow and controlled movement, do not rush or push the head too far back to the point of straining the joints of the spine. If at any point you feel dizzy, nauseous, have any blurred vision, or light headedness discontinue immediately and remove this exercise from the sequence. Tell your chiropractor that this is happening as this could be coming from the spine, inner ear, or could be evidence of a vascular issue or neurological problem.

EASY STRETCH



#1. Neck Extension:

Look straight up at the ceiling tipping your head back and letting your arms hang to the side. Hold this position for a count or 15-20 seconds.

* If you get dizzy or light headed discontinue and remove this stretch from your routine. Also, tell your Chiropractor so they can help you troubleshoot the cause of this sensation.

#2. Left and Right Lateral Bend:

Drop your right hand to the side and depress the right shoulder by reaching the hand towards the ground. Then tip your head to the left bringing your left ear towards the left shoulder. Do not force the head to the side, only tip it until you feel a productive stretch on the right side of the neck. Hold this position for 15-20 seconds. Now repeat these steps to the opposite side.

#3. Flexion and Rotation (sniffing the pit):

Tuck your chin and look down and to the left as if you were looking in your left shirt pocket or sniffing your left armpit. Take your left hand and place it on the back of your head applying slight pressure downward and to the left. Now take the right hand and reach down and across your back like you were reaching in to your left back pocket. Make sure not to place too much strain on the back of the neck by pulling too hard on the back of the head. This could actually cause a cervical subluxation. Hold the stretch for about 15-20 seconds and then repeat to the other side.



THANK YOU!

We appreciate you taking the time to read our eBook and watch the corresponding YouTube videos. We know that those individuals who value their health are more successful.

Businesses that value the health of their employees, are more successful & profitable. We would be honored to present this information to your office, cater lunch & teach you more through our workshop called Delete Tech Neck.

If you are interested in this free service we offer, please contact Allyson at info@livinwellchiro.com



In Health and Wellness,
Livin' Well Team