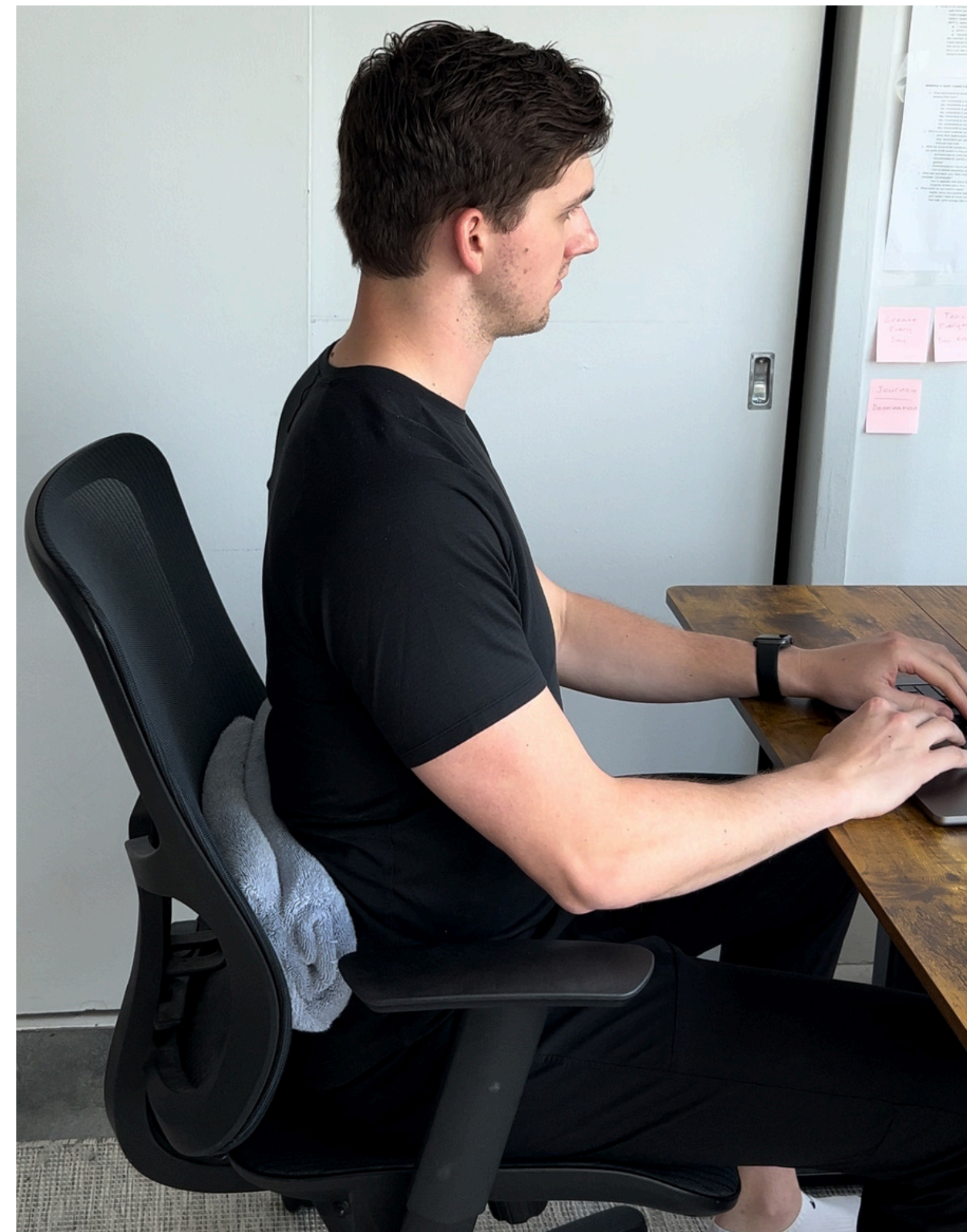


5 Tips To Improve Your Posture Even If You Work a Desk Job

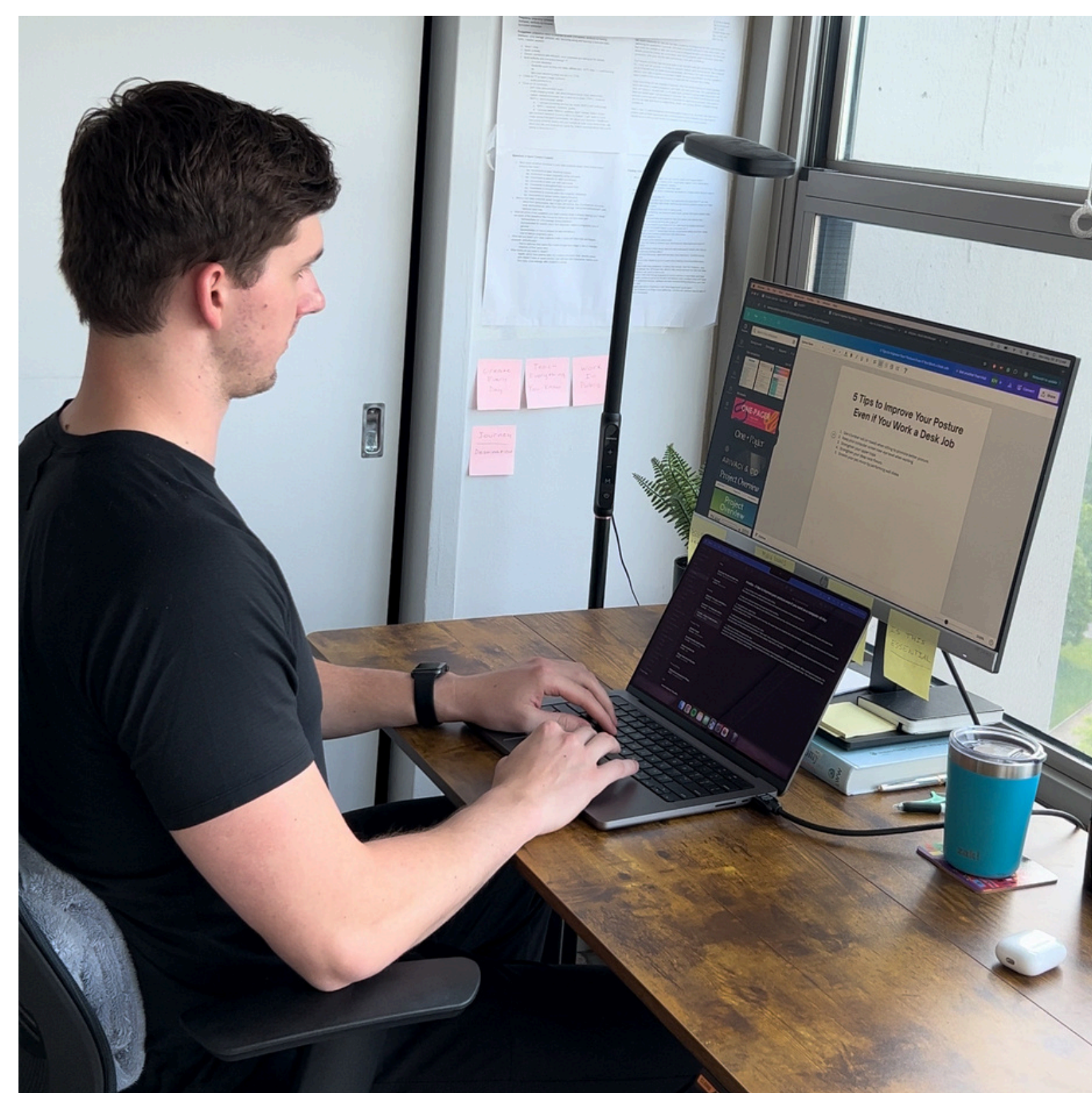
1. Use a lumbar roll (or towel) when sitting.

- This helps to maintain the natural curve in your lower back and promotes a more upright posture.



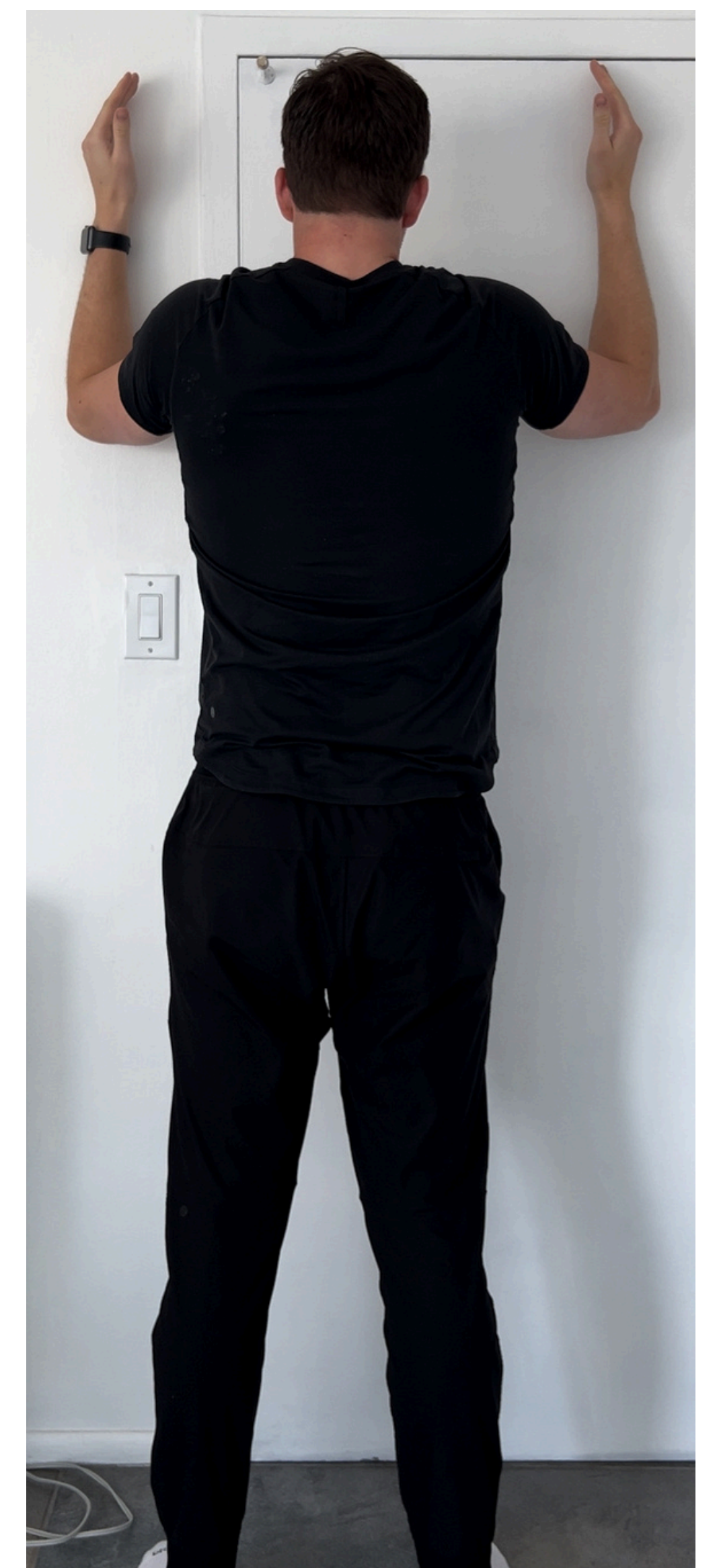
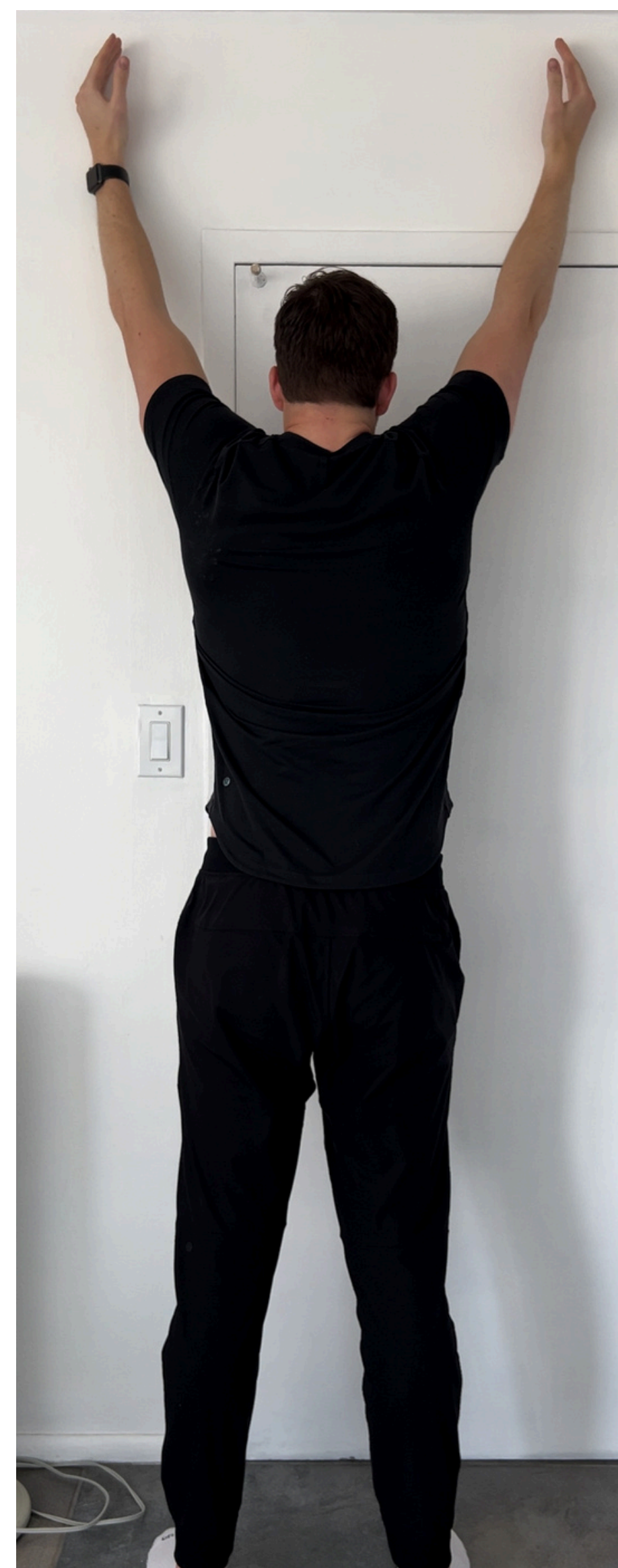
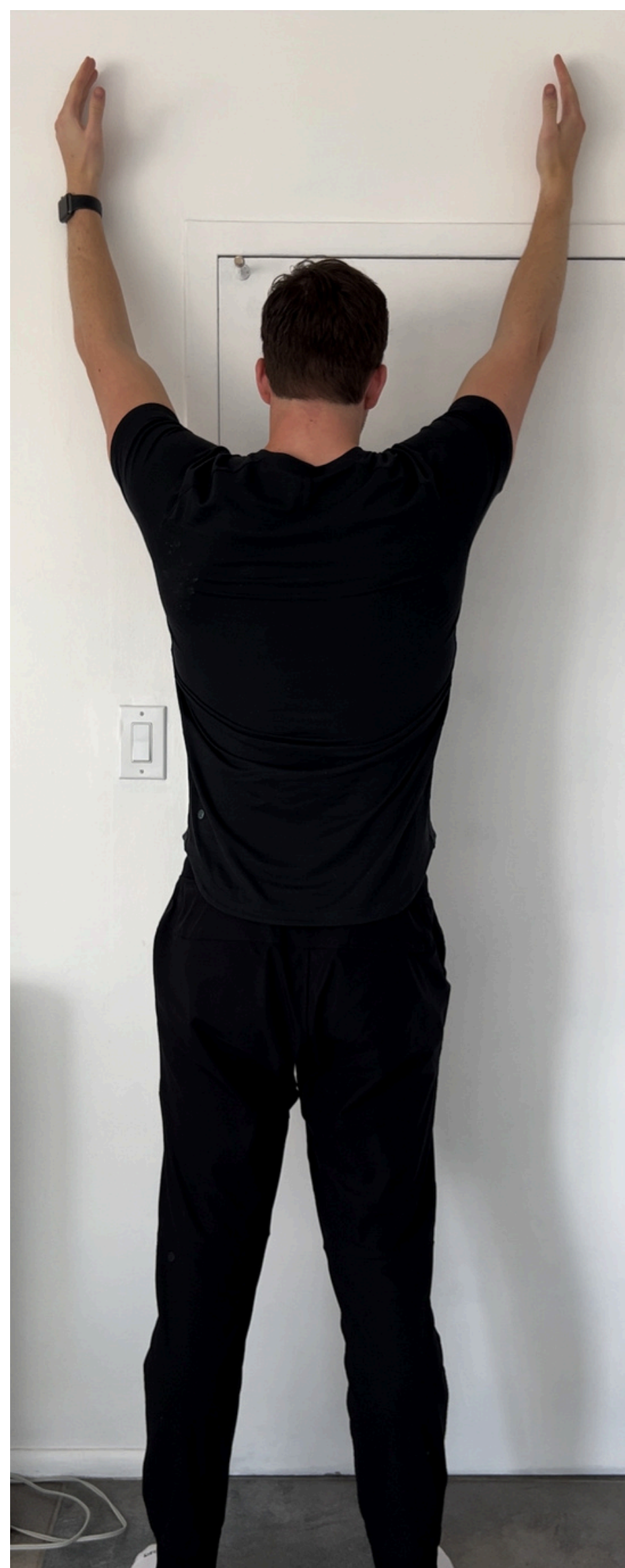
2. Keep your computer screen near or just below eye level when working.

- If your screen is too low, it's easy for your head to move forward, this increases the stress on the tissues of the neck and upper back.



3. Strengthen your upper traps.

- If your elbows aren't supported when you're working, the upper traps can lengthen and often get weak. Long upper traps can be a source of neck pain and limit the motion in your neck. I like to perform an exercise called the wall slide shrug to improve my upper trap strength.
- Start by standing 6 inches away from the wall. Then, slide your arms up the wall and shrug your shoulders at the top. Bring your arms down while maintaining the shrug and then relax. Repeat for 10 repetitions a few times a day.



4. Change positions every 30-45 minutes.

- Sitting isn't necessarily bad, but staying in the same position for extended periods can lead to joint and muscle stiffness. Changing positions from standing to sitting or sitting to standing can help mitigate the stiffness.

5. Stretch your pec minor by performing wall slides

- Wall slides are a terrific exercise for stretching the pectoral musculature while strengthening the upper back muscles. When working on a computer, the muscles on the front of the chest and shoulders get overworked and short, while the muscles of the back get long and weak. This is a great way to help reverse the symptoms of sitting at a desk all day.
- Start with your back against the wall and try to flatten your lower back on the wall. Put your hands and elbows against the wall and slide your arms up. Repeat 10-15 times a few times a day.

