



**CITY SPORTS +
PHYSIOTHERAPY
CLINIC**

ABOUT

Our aim is to work hand in hand with you to provide a personalized, client-centred approach that will help you achieve your goals. We are devoted to your health and to Keeping you Fit to Play™!

FIT TO WORK

Work From Home



WHY ERGONOMICS

Today's world is set up for you to lose when it comes to sitting. Everything we do adopts a seated posture. Therefore it is important that we adapt our equipment to us and no the other way around .

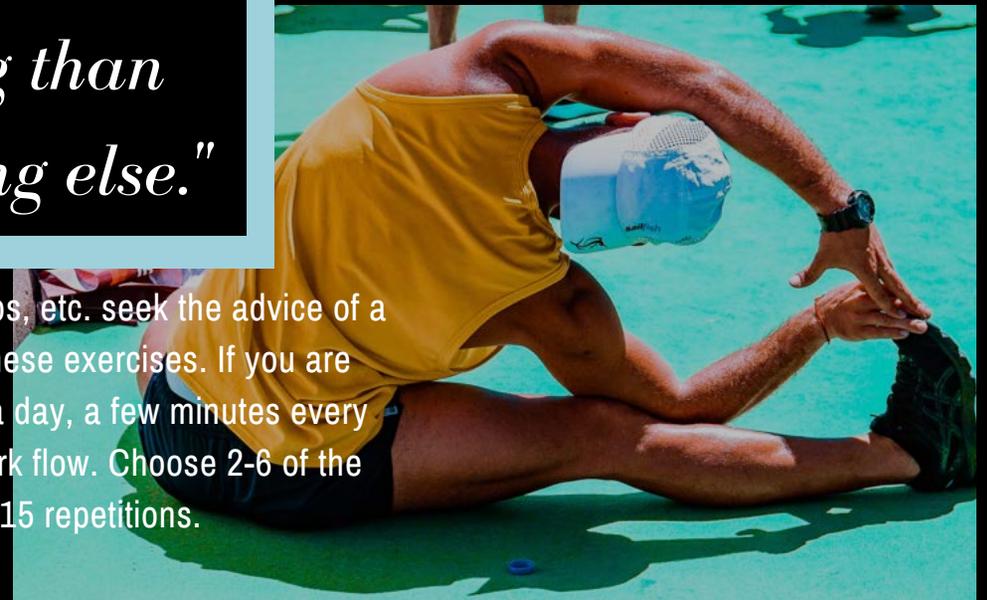
WHERE TO START

If you have pain in your neck, back, hips, etc. seek the advice of a medical professional prior to starting these exercises. If you are just feeling tight, set aside 10minutes a day, a few minutes every hour or pick a natural break in your work flow. Choose 2-6 of the exercises below and move through 10-15 repetitions.

"In today's society it is not uncommon for the average individual to spend more time sitting than anything else."

WHY MOVEMENT

Use it or lose it. Our bodies adapt to the forces we subject them to, therefore sitting with a proper ergonomic set up is only one piece of the puzzle. If we don't move and use our bodies throughout the day we will slowly lose our ability to access these movements. Movement helps to engage muscles, improves blood flow and keeps your body feeling free.



01

MID BACK

Place your hands on the desk in front of you. Let your chest fall toward the desk to arch the back and extend upwards. Next round the back and tuck the chin to the chest. Alternate between these two positions.



03

HIPS

Kneel on one knee, tuck your pelvis backwards to flatten your lower back and feel a gentle stretch on the front of your hip of the lower leg. To increase the stretch transfer your weight forward and reach overhead. Hold the position and relax.



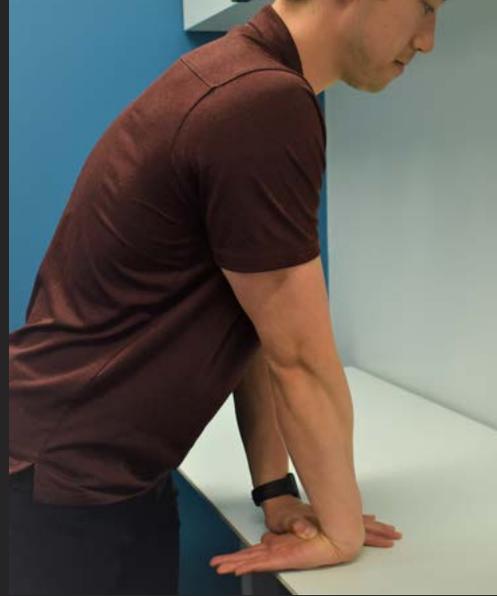
02

CHEST / SHOULDERS

Stand facing away from your desk and place your hands on the tabletop. Move forward to feel a stretch in your chest. From this position, slide your body forwards/back to accentuate the stretch



04



WRIST

Place your hand on the table beside you with your palm facing down. Increase the stretch by moving your body away from the desk. Repeat with the back of your hand facing down.

06

NECK

Sit up tall and place the palm of your hand on your head. Gently tilt your head towards that arm until a stretch is felt on the opposite side of the neck. Use the weight of the hand to increase the stretch



05

HIPS PART 2

Sit on a chair and cross one foot over the opposite knee. Push your knee down while straightening your back and moving your upper body forward until you feel a stretch in your buttock. Alternatively pull the knee towards you..

