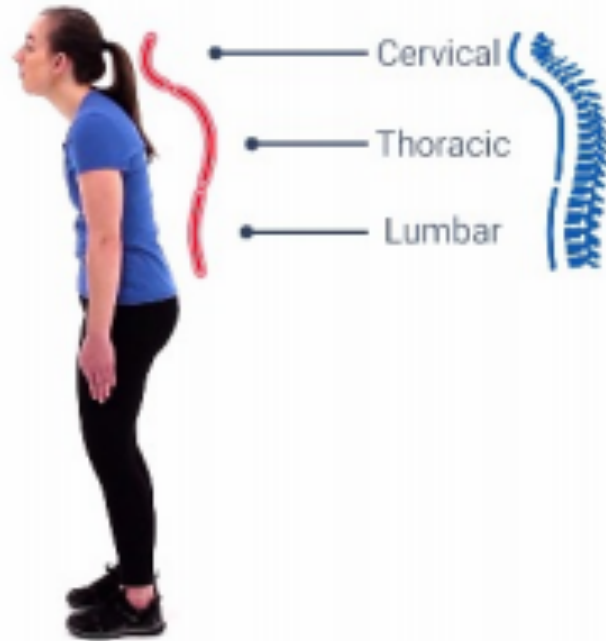




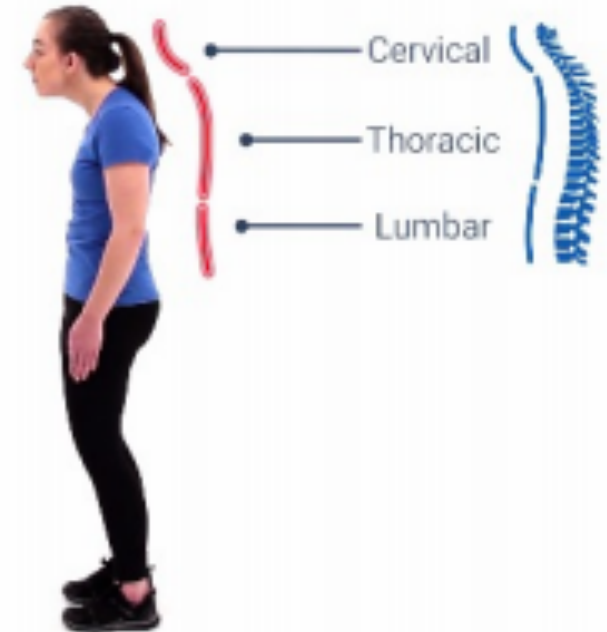
Ergonomics and Stretching

BRITTANY QUIRK, PT, DPT

Common Impaired Postures



Curves of Spine: Forward Head Posture



Curves of Spine: Flat Back Posture

Prolonged Poor Posture Can Lead To

- Neck Pain
- Headaches
- TMJ Pain (or Jaw Pain)
- Upper Extremity Radiculopathy (or pain radiating down arms)
- Shoulder Pain and Impingement
- Carpal Tunnel
- Impaired Function of Diaphragm
- Low Back Pain
- Lower Extremity Radiculopathy (or pain radiating down legs)
- Hip Pain

Designated Work Space



Healthy desk posture

- Hips and knees at 90° angle
- Feet on floor or on stool/bolter/step
- Full back support
- Use lumbar pillow if desired/comfortable
- Shoulders relaxed and resting away from ears
- Elbows resting at 90° angle
- Chin tucked with neck in neutral position
- DO NOT work from the couch

Get Moving!

- Stand up and move around at least every hour
- Incorporate stretching and/or exercises throughout the day
- Go for a walk
- BONUS = designate at least 30 min per day for exercises/stretching



Neck Stretches



Side Bending



Side Bending +
Looking Up



Side Bending +
Looking Down

Neck Stretches

Base of head draws up toward the ceiling to elongate the back of the neck



Draw chin down + back like you are nodding



Chin Tucking

Chest and Shoulder Stretches



Shoulder Rotation +
Shoulder Blade Squeeze



Corner Pec Stretch

Upper Back Stretches

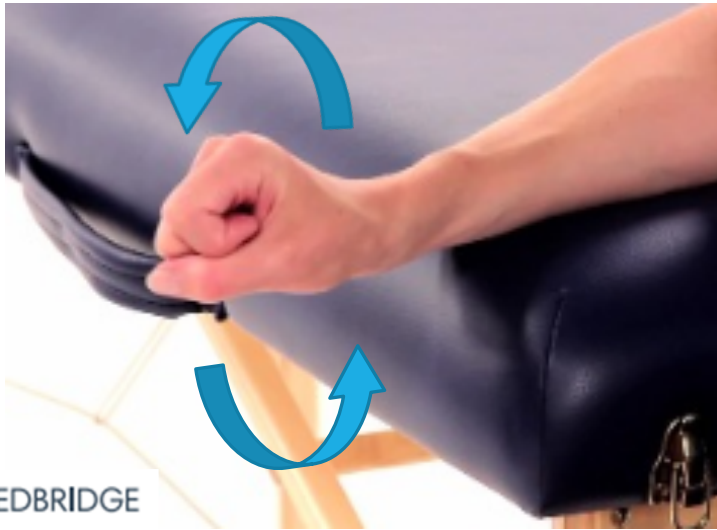


Seated Cat-Cow



Thoracic Rotation

Wrist Stretches

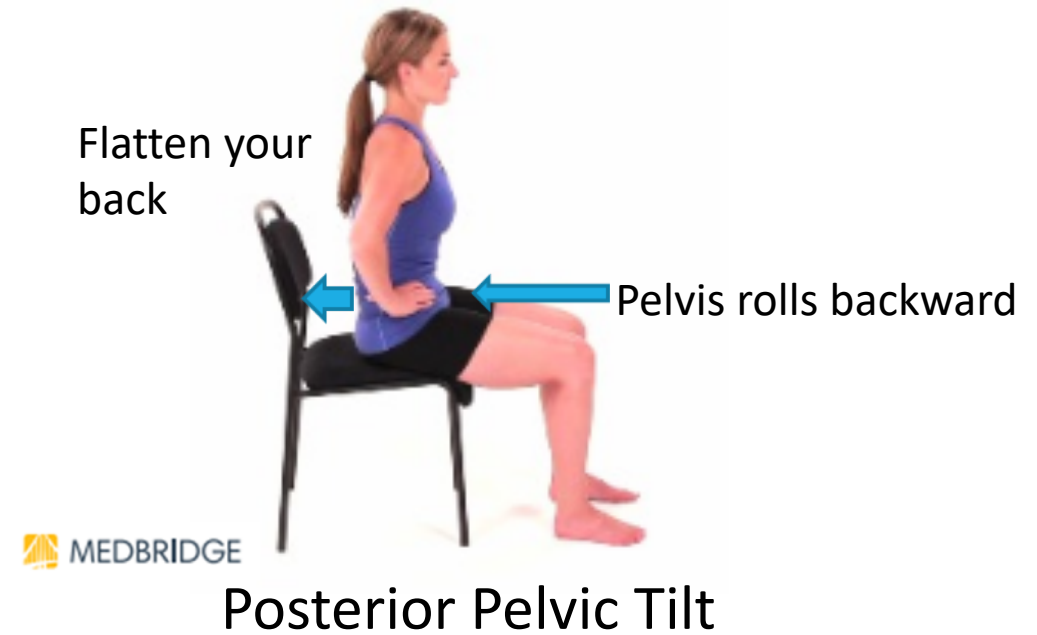
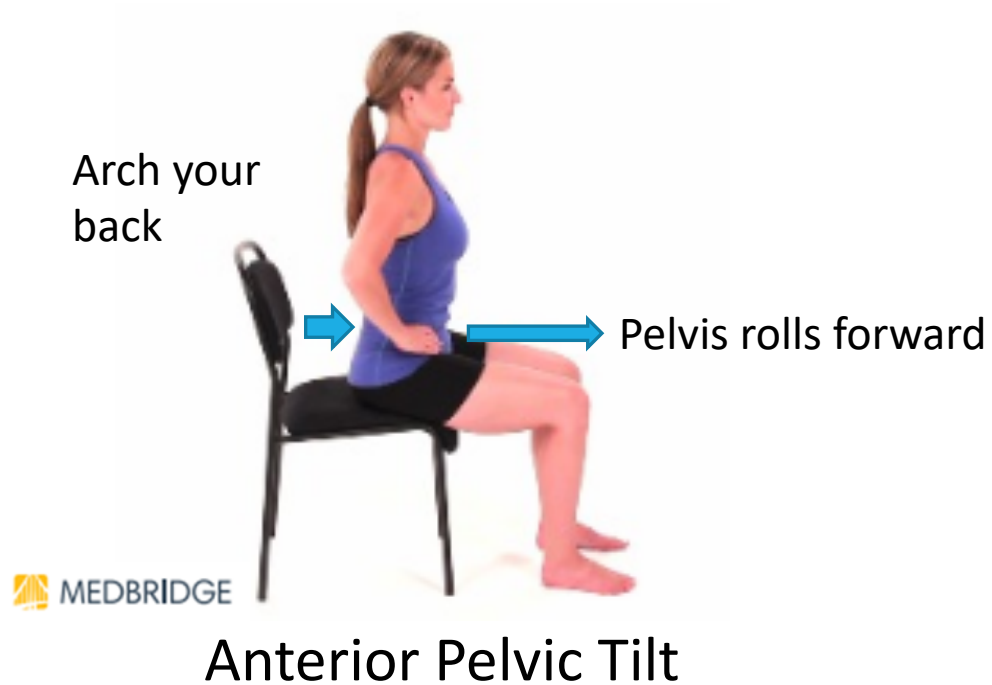


Wrist Circles
(Clockwise +
Counterclockwise)



Wrist Flexion + Extension

Low Back Stretches



Hip Stretches



Forward Lunge



Hip External +
Internal Rotation



Hamstrings

Instructions and Contact Info



- Perform each stretch or exercise for 15-30 second static holds
 - OR
 - Perform each stretch or exercise for 2-3 sets of 10-20 repetitions
 - As with any stretch/exercise, discontinue if painful
 - Feel free to reach out to us if you have any questions or concerns
-
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