

DESK-BOUND?

EXERCISE OFFICE BLUES AWAY

Stiff joints, backaches, sore neck, frozen shoulders...sitting for too long can wreak more havoc on your health than you imagine. The desk-bound office worker often suffers from more musculoskeletal injuries than those who do daily manual labour.

The American Diabetes Association advocates short periods of movements every 30 minutes of sedentary time. They suggest light activities such as leg lifts, arm stretches and torso twists. It is believed that a few minutes of movement after every 30 minutes of sitting can increase blood circulation and thus metabolism which improves blood glucose control. Here are some useful seated exercises to do while you are working in the office or studying at home. Please consult your doctor if you are currently having injuries or limitations that might be aggravated by any of these exercises.

For Upper Body



Shoulder Shrug

Lift both shoulder upwards and backwards and hold at end range for a few seconds, relax and repeat for 5 to 10 repetitions.



Upper Back Stretch

Hold both arms parallel to the floor and reach forward curling only your upper back, hold at end range for a few seconds before return. Repeat for 5 to 10 repetitions.



Shoulder Stretch

Hold arm parallel to floor and pull it as close to your body as possible with the other arm. Hold for 10 to 20 seconds and relax, repeat 3 to 5 times.



Chest Stretch

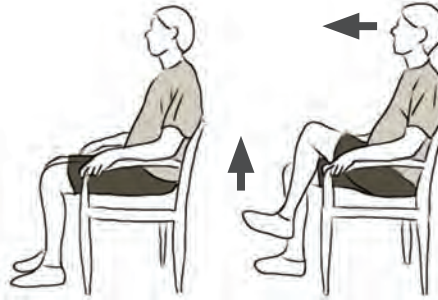
Sit facing the side of table. Flex elbow at right angle and place arm on the table, hold arm firmly on table and lean upper body towards your thigh. Hold stretch for 10 to 20 seconds and return to upright position. Repeat 3 to 5 times.

Torso



Torso Twist

Sit upright and twist to your side holding both legs in position while twisting. Hold at end range for a few seconds before returning and rotate to the opposite side. Repeat 3 to 5 times.



Seated Hip Marching

Sit upright with both legs on the floor. Lean forward while lifting one knee towards the chest and relax backwards while lowering leg back to the floor. Repeat 20 to 30 times each leg.

Lower body



Leg Extension

Sit upright, extend one leg slowly in a smooth movement till fully extended. Slowly return leg to floor. Repeat 20 to 30 times each leg.



Seated Butt Stretch

Sit upright with one leg over the other. Keep back upright and lean forward. Hold stretch for 20 to 30 seconds. Repeat 2 to 3 times each leg.



Calf Stretch

Sit on the edge of chair and flex a knee and place the feet just below your butt with your heel slightly raised or where you feel your calf is being stretched. Apply a light force to push your heel against the floor if needed. Hold stretch for 20 seconds, relax and repeat 2 to 3 times for each leg.



Seated Hamstring Stretch

Sit on edge of chair, extend one leg with feet dorsiflexed. Keep your back flat and lean forward and hold the stretch for 20 to 30 seconds. Repeat 2 to 3 times for each leg.



Seated Calf Raise

Sit upright with both feet on the floor. Raise both heel off the floor at the same time slowly till end range and return till heel touches the floor. Repeat 20 to 30 times. Add load using books or files if needed.



Hip Flexor Stretch

Sit facing the side with the front leg flexed at about right angle and the back leg stretch as far back as possible with knee fully extended. Keep back upright and lean backwards slightly. Hold stretch for 20 to 30 seconds. Repeat 2 to 3 times for each leg.

References
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