

# Strengthening Exercises for the Workplace

## THESE EXERCISES

This mini-programme includes some exercises that can be done in your workplace. They will help strengthen your legs and upper back and neck, help improve your posture and reduce pain as your muscles get stronger. It's important to move your body and change your posture regularly throughout the day to avoid pain and stiffness developing from sustained positions. Make sure to repeat the same number of exercises on both sides of the body. Wear comfortable shoes and remove shoes with heels, partly for safety,

but also to ensure better back and postural alignment during the exercises. Remember everyone is different so a physical therapist may give guidance that is more specific to you if you are looking for a bespoke plan.

## WARM UP AND COOL DOWN

If it's practical, it's good to warm up a bit before the exercises, to get the circulation flowing to your muscles. This could be a quick walk around the office or up and down a flight of stairs.

### Lunge

Take a step forwards, and bend the front knee past the vertical. The back knee drops towards the floor. Always keep good alignment: your knee should stay over the 2nd toe of your foot, and never let your knee drop inwards. You can do these on the 'spot' alternating left and right. Or you can make them 'walking lunges' around your office.

**Repeat 10 times | Perform both sides**

 **Video:**  
<http://youtu.be/xASFze7P-Fs>



### Sit-Down Squat

Stand up, and position yourself in front of a chair or stool (be careful your office chair does not move if on wheels) Bend your knees to go into a squat position, and touch your butt on the chair. Then, push up and go into the standing position.

Throughout the exercise, keep your knee in-line with your foot, do not let your knee drift outwards or inwards. Also keep your hips and pelvis level as you squat, so you go down in a straight line. Be careful not to slump forwards as you squat, maintain good posture.

**Repeat 10 times**

 **Video:**  
<http://youtu.be/yJjobK3TAvG>



### Calf Raises Two Legs

Stand upright and hold onto a wall/table for balance if required. Slowly raise up onto your toes, and control the movement back down. This exercise will strengthen the calf muscles and ankle joints. you can progress this to one legged calf raises or do them on the stairs.

**Repeat 10 times | Perform both sides**

 **Video:**  
<http://youtu.be/cqDMYUaIXww>



### Lateral Walk with Exercise Band

Place an exercise band around your knees, and go into a squat position (as far down as feels comfortable). Walk one leg to the side, and then follow with the other leg (crab waling!). Repeat to one side for five steps, then return to the start position. **Repeat 4 times | Hold for 5 steps**  
**Perform both sides**

 **Video:**  
<http://youtu.be/i0w7KczRvkk>



### External Rotation with Band Both Sides

Tuck your elbows in, keeping them next to your body, and hold two ends of an exercise band. Move your arms outwards away from your stomach, using the band for resistance. Make sure you also emphasise shoulders are back and down whilst doing the exercise. **Repeat 10 times**

 **Video:**  
<http://youtu.be/zMOfQqUMBc>



### Isometric Neck Flexion

Place your palm on your forehead, and resist flexion of your neck while keeping your head still. Hold, and then relax. You should feel the muscles at the front and side of your neck contracting.

**Repeat 10 times**

 **Video:**  
<http://youtu.be/WnKcq1Uh8m4>



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