



POSTURAL Stretching Guide

This stretching guide is ideal for anyone with a desk job or wanting to improve their posture. Sitting behind a laptop, computer, tablet or smart-phone for long periods of time can cause muscle tightness and joint stiffness, leading to poor posture, muscle fatigue and pain. Add these to your routine to prevent or manage back pain, neck pain, headaches and stiffness.

Be sure to check out our other stretching guides.

When? Stretches should always be done when the body is warm. Postural stretches can be done regularly throughout the day to break up static positions at a computer.

How Long? Hold the stretches for approximately 30 seconds. Hold for longer if you feel you are particularly tight. Listen to your body to figure out which areas need more attention.

Don't Push. It is ok to feel a mild discomfort while stretching, but never push into pain. You know your body best, so let it guide you.

How often? This depends on your goals and time. If you are stretching just for recovery and injury prevention, then stretch after each workout. If you're aiming to improve flexibility then the more you stretch the better, and daily stretching will allow you to see the best results. Postural stretches can be done regularly throughout the day.

Breathe! Don't forget to breathe while stretching, this will assist you to work through any discomfort and help your body relax into the stretch. Breathing also helps you reduce stress levels.





