

Desk Mobility Mini-Guide

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Simple, spine-friendly resets you can do at your desk. Move within your comfort range. If pain worsens, stop and contact the clinic.

Suggested Movements

1) 30-30 Reset (every 30 minutes)

Stand for 30-60 seconds, roll shoulders, take 5 deep breaths, and gently extend your spine by placing hands on hips.

2) Seated Figure-Four (gentle hip opener)

Cross ankle over opposite knee, hinge forward slightly while keeping spine long. 20-30 seconds each side, 2-3 reps.

3) Neck Side-Bend Stretch

Sit tall, gently tilt ear toward shoulder. Hold 15-20 seconds, 2-3 reps each side.

4) Thoracic Extension Over Chair Back

Sit a bit forward, place hands behind head, lean upper back over chair top. Small range. 5-8 slow reps.

5) Standing Calf + Hip Flexor Combo

One foot forward, one back. Bend front knee as you gently tuck pelvis. Hold 20-30 seconds each side, 2-3 reps.

Safety

- Keep motions gentle and pain-free.
- Stop with sharp or radiating pain.
- Contact the clinic if symptoms persist.

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