

Flexibility Exercises in Sitting

Why should I do flexibility exercises?


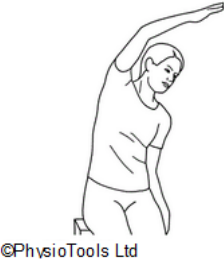
Regular flexibility exercises help maintain the movement of your muscles and joints. If you include flexibility exercises in your daily routine, you may find that it is easier to carry out your everyday activities with less discomfort.

Some people experience pain and stiffness when they stay in one position for too long. If you experience these symptoms with prolonged sitting, try to:





- Avoid sitting for longer than 20-30 minutes
- Break-up periods of sitting with frequent movement or changing from sitting to standing and/or walking throughout the day.

Which flexibility exercises should I do?

Flexibility or stretching exercises are best done after a short aerobic warm up (5-10 minutes) or following a warm bath or shower.

	<p>Sit with your back straight and feet firmly on the floor. Pull your shoulder blades together and down (imagine tucking them into your waistband) while turning your thumbs and hands outwards.</p> <p>Hold 5 seconds.</p> <p>Repeat 5 times.</p>
	<p>Sit and lift one arm. Bend to the side with your arm reaching over your head. Breathe in, then breathe out and return to the starting position.</p> <p>Repeat 5 times in each direction.</p>

TIPs – Tailored Intervention Protocols

 ©PhysioTools Ltd	<p>Sit on a chair with one foot on the floor. Pull your other knee toward your chest, helping with your hands.</p> <p>Hold for 10 seconds.</p> <p>Repeat 3 times each leg.</p>
 ©PhysioTools Ltd	<p>Sit on a chair with one foot on the floor. Lift your other foot onto your opposite thigh.</p> <p>Gently lean forward, keeping your back straight. Feel the stretch in your buttock.</p> <p>Hold for 10 seconds.</p> <p>Repeat 3 times each leg.</p>
 ©PhysioTools Ltd	<p>Sit on the side of a chair. Drop one knee down toward the floor. Tighten your buttock muscles and straighten your hip.</p> <p>Feel a stretch in the front of your thigh.</p> <p>Hold for 10 seconds.</p> <p>Repeat 3 times each leg.</p>
 ©PhysioTools Ltd	<p>Sit on a chair. Straighten one leg out in front of you with your heel on the floor.</p> <p>Lean forward keeping your back straight. Feel the stretch at the back of your leg.</p> <p>Hold for 10 seconds.</p> <p>Repeat 3 times each leg.</p>

How do I know I am doing the exercises correctly?

- When you are stretching, you should feel a slight pulling sensation. This may decrease as you hold the stretch.
- It is important to stretch gently and remember that you **should not feel pain**. If a stretch becomes painful, stop.
- If you continue to have trouble with an exercise, consult a health professional.