

# Preventative Exercise Program for the Desk Worker

Work at a desk for the majority of the day?

Prevent injury by;

1. Having an optimal work station set up
2. Assuming a good posture
3. Following this preventative exercise program



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## Exercises to be done every 20 minutes



Shoulder circles:  
Roll shoulders forward and backwards, 3 times each.



Arm Raises:  
Raise arms above head 2 times.



Wrist Stretch:  
Stretch wrist in each direction as shown.  
Repeat 1 time in each direction, for each wrist.  
Hold for 5 seconds

## Exercises to be done 3 times a day

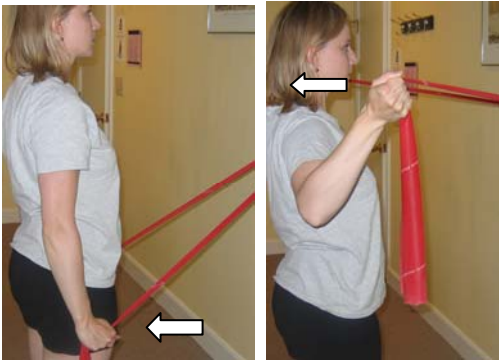


Neck Stretches:  
Side Stretch and Diagonal Stretch,  
Repeat each stretch 2 times.  
Hold for 10 seconds each.  
Repeat on the other side.

Shoulder Blade Squeeze:  
Squeeze shoulder blades together,  
Repeat 10 times  
Hold for 5 seconds.  
This can be done with or without a ball.  
Keep chin tucked in/head back throughout the exercise.



### Exercises to be done once a day



#### I and T exercises with theraband

(available at any Physical Therapy office)

Tie theraband onto door handle, grasp and squeeze shoulder blades together as you pull the theraband back.

Use yellow or red theraband,

Maintain a good posture as you do this exercise.

Repeat each exercise 10 times



#### Door Frame Stretch:

Stand in a doorframe, arms out to side and lean forward to stretch your pectoral (chest) muscles.

Repeat 2 times and hold each stretch for 10 seconds.



#### Wall Push Up:

Stand with hands at shoulders, placed on wall.

Do 10 push ups

Note: The further your feet are from the wall the more difficult the exercise will be.

The information on this page is provided to you from Performance Physical Therapy. It is not intended to replace any information/treatment provided to you by your health care provider. If you experience any pain while participating in this exercise, please contact your health care provider. Please feel free to check with your Physical Therapist if you have any questions about the information provided on this page.

We are here to help you reach your Peak Performance!

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