

Sitting at a desk can be a real pain in the back—literally

Give your body a break and take five minutes to try these chiropractor-approved stretches. Your body will thank you!



Side bend

- Standing straight, move your feet shoulder width apart and raise your arms (a).
- Breathe in and slowly bend to one side as one arm goes over your head and the other arm slides down your leg (b).
- Hold for ten seconds and slowly return to start. Repeat twice on each side.

Twist and sway

- Stand with your feet wider than shoulder-width apart and gently rotate your core from side-to-side.
- Let your arms flop loosely and shift your weight from knee to knee, breathing calmly for 15 seconds.

Crossover

- Standing with your feet shoulder width apart, raise your hands (a).
- Bring your right elbow across your body while lifting your left knee (b).
- Touch elbow to knee, remaining upright and repeat alternating sides for 15 seconds.

Use caution if you have a balance disorder.

Studies have shown that stretching as little as three times a week can have positive, pain-relieving benefits.

The full Straighten Up Alberta program, offered by Alberta's chiropractors and designed to increase postural awareness and improve spinal health, is available at StraightenUpAlberta.com.

Sit up straight to reduce the ache

Taking the time to correct your posture while you're sitting at your desk can reduce discomfort and keep you moving comfortably.



- Sit up straight with your hips far back in the chair and keep your shoulders back and relaxed.
- Plant your feet flat on the floor, with your knees in line with your hips.
- Keep your arms parallel to the floor, with elbows by your side.
- Adjust your screen so it's eye level and about an arms length away.



Doctors of Chiropractic diagnose, treat, and help prevent musculoskeletal (bones, muscles, cartilage, tendons, joints, and connective tissues) conditions and disorders and the effect they have on the nervous system.

Chiropractors are trained to assist people of all ages to help relieve pain and discomfort and restore range of motion. They also counsel patients regarding nutrition, lifestyle, and exercise.



ALBERTA
COLLEGE AND ASSOCIATION
OF
CHIROPRACTORS



StraightenUpAlberta.com