

Eatontown Spine & Injury Center
40 South Street
Eatontown, NJ. 07724
Tel: 732-389-2800
Fax: 732-389-0246



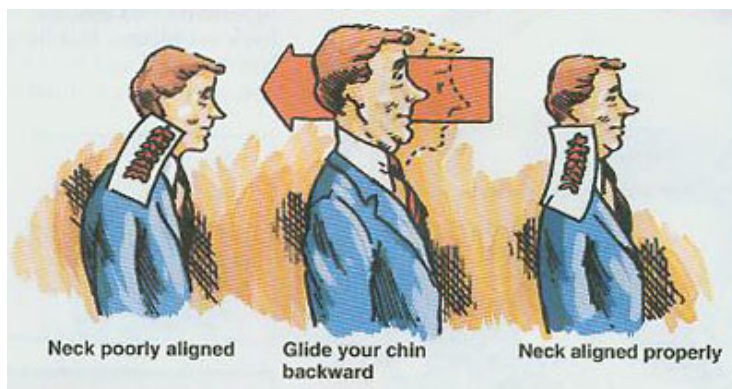
Hamilton Spine & Injury Center
1351 Kuser Road, Suite 2
Hamilton, NJ. 08619
Tel: 609-585-2881
Fax: 609-585-3824

Back Exercises for People Who Sit

These easy exercises are designed for people who sit for long periods at a time. Taking a micro-break for back exercise can help realign a slouching spine and relieve muscle tension caused by sitting. These exercises can be done anywhere, even at your desk. Doing all six exercises will only take a few minutes. The more often you do them, the better you will feel. Do each exercise slowly, stretching as far as you can, then pause a moment and release.

If you feel back pain during any of these exercises, stop and consult our office before continuing.

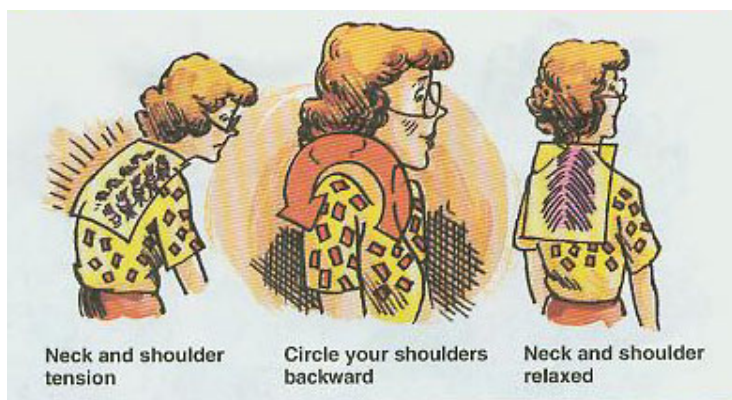
Instructions for all listed exercises: Follow the instructions listed for each exercise. Repeat 5 to 10 times, several times a day or as directed. It is important that all movements be controlled and purposeful. Do not just “go through the motions” as there is a greater risk of injury.



Chin Glide

Why: To help realign your cervical curve.

How: Glide your chin straight back, *keeping your head and ears level.* (You'll know you're doing this exercise right if it gives you the feeling of a double chin.)



Shoulder Circles

Why: To release muscle tension in your neck, shoulders, and upper back.

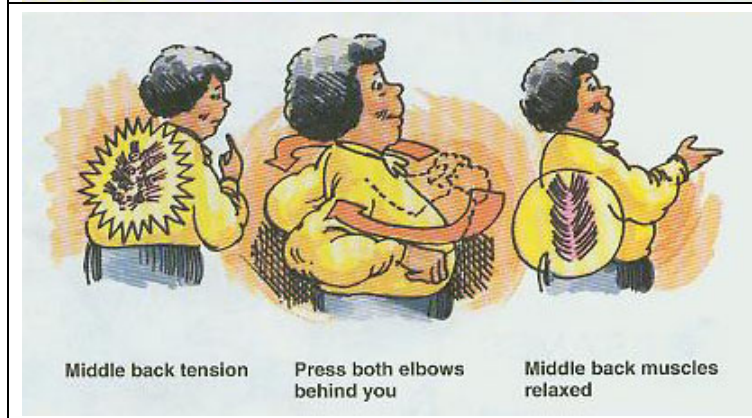
How: Circle your shoulders backward in a wide arc. Make several circles, then relax.



Middle Back Stretch

Why: To realign your thoracic curve.

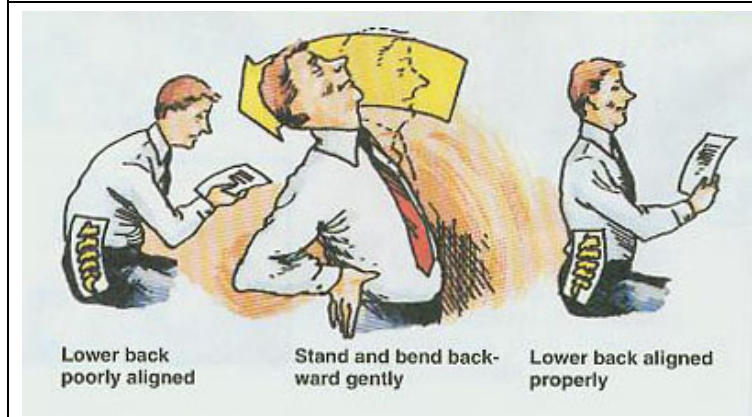
How: Bend both elbows and press one arm above you (as if you're trying to brush your ear with your elbow) and the other behind you. Press as far as you can stretch. Pause a moment, then release.



Elbow Press

Why: To release muscle tension in your middle back.

How: Bring your elbows out to the side at chest level. Press them gently backward as far as you can stretch. Pause a moment, then release.



Reverse the Curve

Why: To reverse the "slouch curve" and release muscle tension in your lower back.

How: For your safety, stand up. Press your palms on your lower back for support, and gently bend backward. Pause a moment, then release.



Tummy Tuck

Why: To strengthen your abdominal muscles. These muscles help support your lower back and keep it aligned.

How: Sit with your buttocks firmly against the back of your chair. Exhale and tighten your abdominal muscles for a count of 10. Release.