

Exercising while you work: Maximizing your day

Stretching options for the office

Performance

- A. Conduct throughout a pain free range of motion
- B. Conduct smoothly without bouncing or ballistic motion
- C. Hold initially for ~10-15 seconds
- D. Progress to a hold time of ~30 seconds per specific stretch

- 1. Neck stretch: 4 directions (drop shoulders)
- 2. One-arm back stretch
- 3. Shoulder-chest stretches against a wall
- 4. Wrist extensor stretch
- 5. Wrist flexor stretch
- 6. Wrist supination stretch
- 7. Praying wrist extension stretch
- 8. Waist (twist) stretches
- 9. Waist flexion and extension exercises
- 10. Standing hamstring stretch
- 11. Standing quadriceps stretch
- 12. Calf stretch against wall (straight leg and bent leg)

Exercise options for the office

1. Shoulder rolls (front, back, up and down)
2. Shoulder shrugs (reams of paper)
3. Push between a doorway (straight of upright lift)
4. Arm Chair Press
5. Front raises
6. Lateral raises
7. Biceps curls (books, bag, towels)
8. Triceps curls or extensions (wall push-ups, towels)
9. Finger abduction rubber bands
10. Finger extension with thumb rubber bands
11. Thumb abduction rubber bands
12. Thumb extension rubber bands
13. Walk stairs (skip a step)
14. Abdominal tightening
15. Standing and sitting (with and without chair back or table)
16. Wall squats
17. Lunging
18. Leg Lifts (standing: to the side)
19. Walking in place
20. Gluteal squeezes (sitting and standing)
21. Quad tightening
22. Abduction / Adduction (sitting and standing)
23. Leg extension/flexion (sitting and standing)
24. Leg extension/flexion on a wheeled chair
25. Ankle pumps (calf raises) (sitting and standing)
26. Standing calf raises (e.g. done while standing at a copy machine)
27. Calf raises while ascending stairs
28. Toe taps (flex leg as far back as possible and tap toes)
29. Toe push against each other
30. Toe Taps

Beginning an Exercise Program

1. Begin with moderation performing exercises on Monday – Wednesday – Friday
2. Begin times per day (x-day) between 5 to 10 repetitions per exercise
3. Increase x-day by 2 per exercise each week until you achieve between 30-40 a day (Goal: ~3-4 sets between 10-12 reps each exercise)
4. Begin or include an aerobic component for weight loss and cardiovascular enhancement (can be performed daily or on alternate days)
 - a. Aerobic exercise goal: 20-60 minutes – 3 x week
5. Keep a record and check the items off as you progress

Sample Daily Program

			Monday	Tuesday	Wednesday	Thursday	Friday
	<u>Stretches</u>	<u>x/day</u>					
1	Neck	3					
2	Back	3					
3	4 - Wrist	3					
4	4 - Waist	3					
5	Quad	3					
6	Hamstring	3					
7	Calf-Wall	3					
	<u>Exercises</u>						
1	Shoulder Shrugs	10-15					
2	Arm Chair	10-15					
3	Front Raise	10-15					
4	Lateral Raise	10-15					
5	Biceps	10-15					
6	Triceps	10-15					
7	Finger Ex	10-15					
8	Ab squeeze	10-15					
9	Glut Squeeze	10-15					
10	Squats	10-15					
11	Leg Ext	10-15					
12	Stand Calf Raise	10-15					

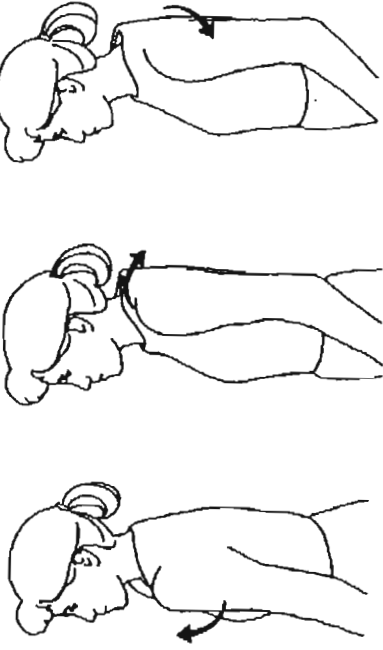
Use the table below to create your own program for each week

Daily Program

		Goal	Mon	Tues	Wed	Thurs	Fri
	<u>Stretches</u>	<u>x/day</u>					
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
	<u>Exercises</u>						
1							
2							
3							
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EXERCISE - 3

Stretch Break - Shoulder Roll

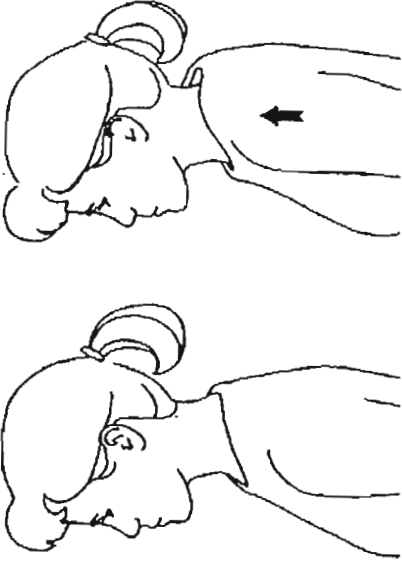


Roll shoulder forward, up and back, then down to complete a circle _____ times. Reverse direction _____ times. Repeat every _____ hours.

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EXERCISE - 2

Stretch Break - Shoulder Shrug

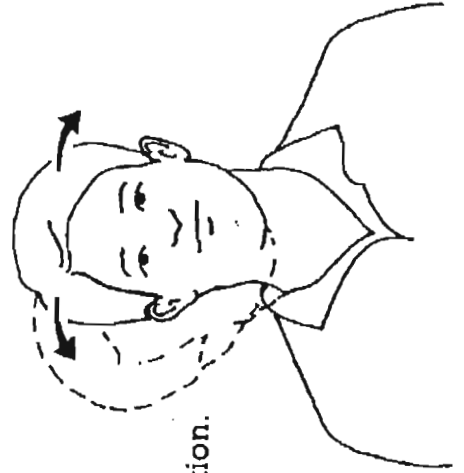


Shrug both shoulders up while breathing in. Relax and return to starting position while breathing out. Repeat _____ times every _____ hours.

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EXERCISE - 7

Stretch Break - Neck Sideways Bending

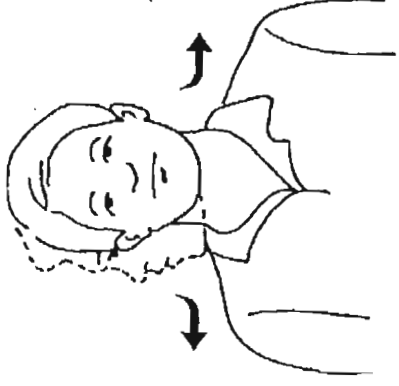


Tilt head sideways to both sides gently. Return to starting position. Repeat _____ times every _____ hours.

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EXERCISE - 6

Stretch Break - Neck Rotation



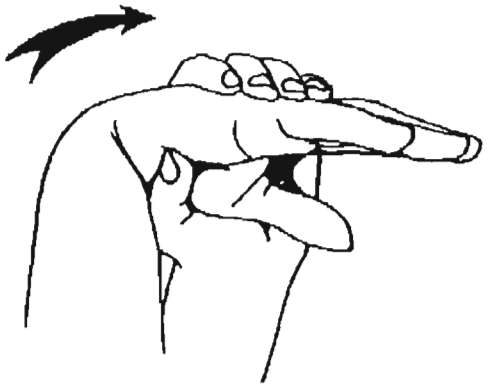
Turn head slowly to look over left shoulder. Return to starting position. Then turn to look over right shoulder.

Repeat _____ times every _____ hours.

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HAND - 14

Wrist Extensor Stretch



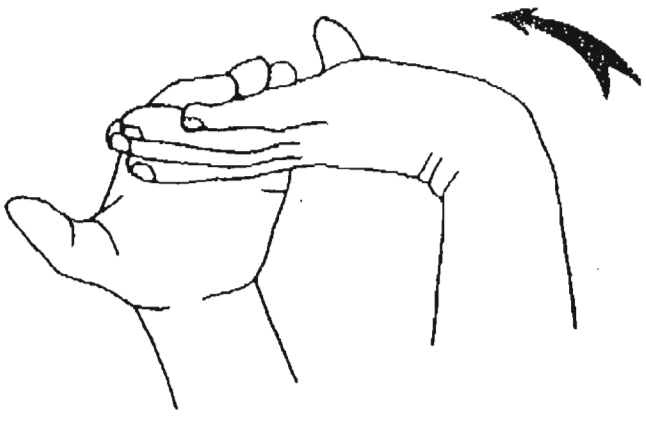
Keeping elbow straight, grasp involved hand and slowly bend wrist down until a stretch is felt.

Hold _____ seconds. Relax.
Repeat _____ times.
Do _____ sessions per day.

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HAND - 13

Wrist Flexor Stretch



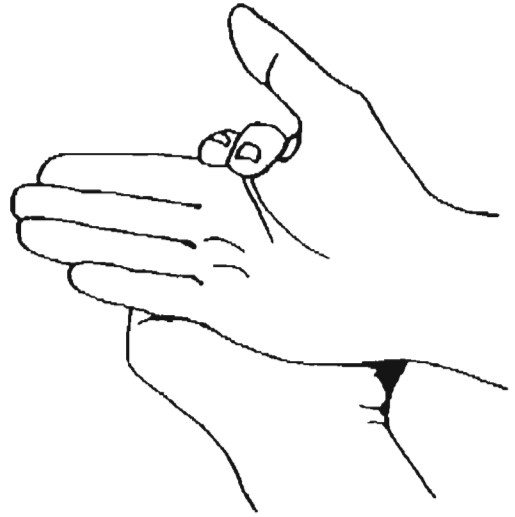
Keeping elbow straight, grasp involved hand and slowly bend wrist until a stretch is felt.

Hold _____ seconds. Relax.
Repeat _____ times.
Do _____ sessions per day.

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HAND - 19

Forearm Supination Stretch

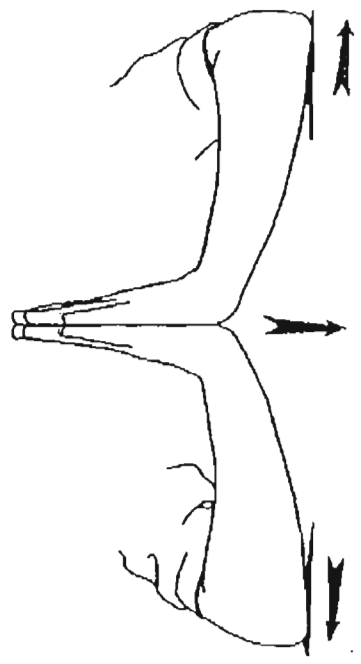


With involved hand in a handshake position, grasp and slowly turn it to a palm up position until a stretch is felt.

Hold _____ seconds. Relax.
Repeat _____ times.
Do _____ sessions per day.

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HAND - 16 Wrist Extension Stretch



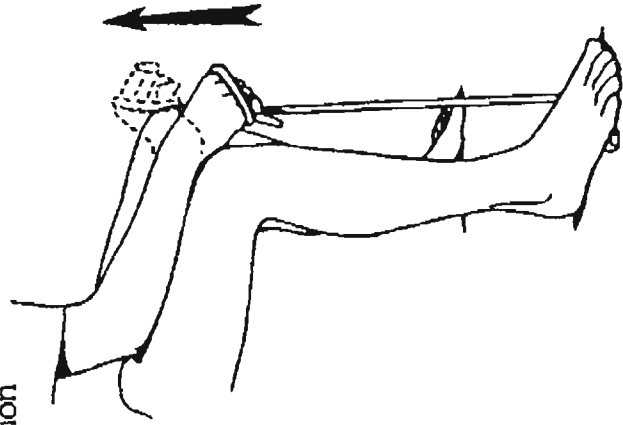
Sitting with elbows on table and palms together, slowly lower wrists to table until a stretch is felt. Be sure to keep palms together throughout the stretch.

Hold _____ seconds. Relax. Repeat _____ times.
Do _____ Sessions per day.

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HAND - 30

Active Resistive Wrist Extension



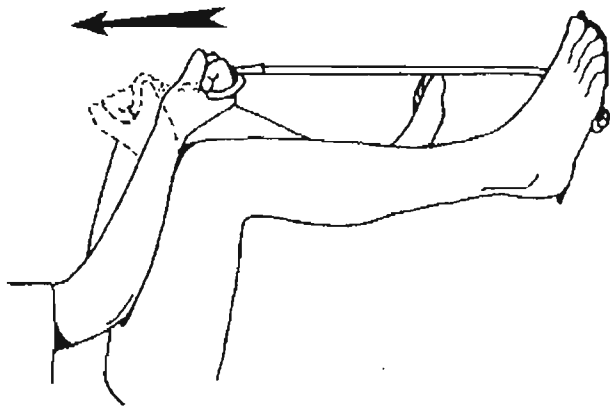
With tubing wrapped around fist and opposite end secured under foot, bend wrist up (palm down) as far as possible. Lower slowly, keeping forearm on thigh.

Repeat ___ times.

Do ___ sessions per day.

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HAND - 29 Active Resistive Wrist Flexion



With tubing wrapped around fist and opposite end secured under foot, bend wrist up (palm up) as far as possible. Lower slowly, keeping forearm on thigh.

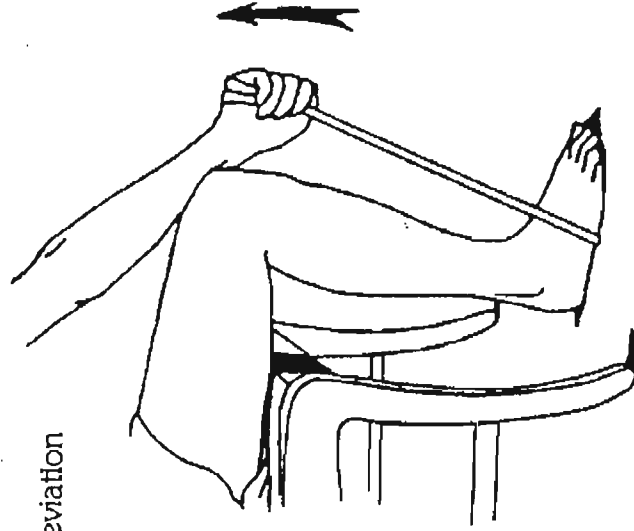
Repeat ___ times.

Do ___ sessions per day.

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HAND - 32

Active Resistive Ulnar Deviation



With tubing wrapped around fist and opposite end secured under foot, bend wrist up (thumb side down) as far as possible. Lower slowly, keeping forearm braced on knee.

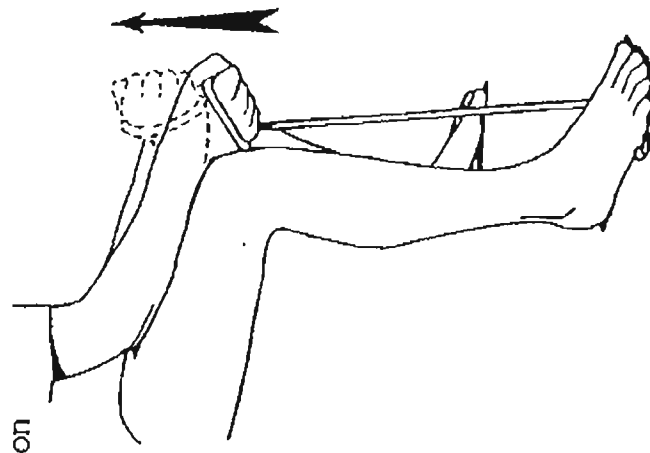
Repeat ___ times.

Do ___ sessions per day.

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HAND - 31

Active Resistive Radial Deviation



With tubing wrapped around fist and opposite end secured under foot, bend wrist up (thumb side up) as far as possible. Lower slowly, keeping forearm on thigh.

Repeat ___ times per session.

Do ___ sessions per day.

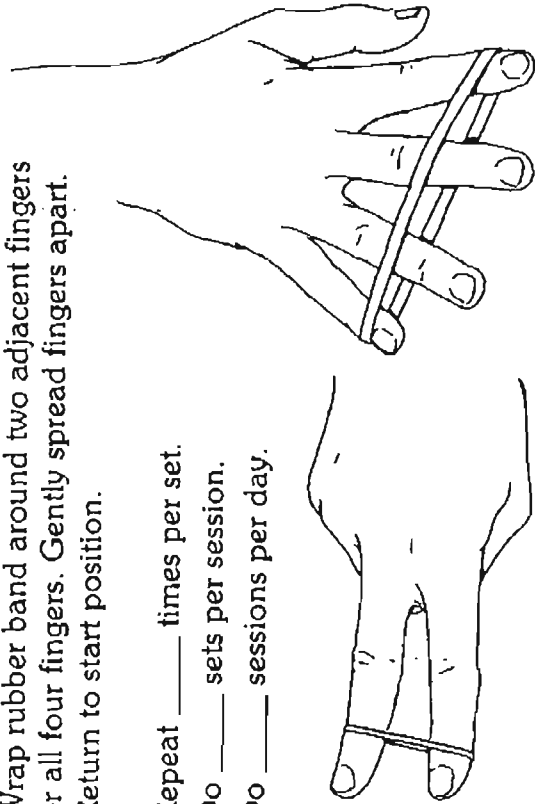
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HAND - 50

Finger Abduction with Rubber Band

Wrap rubber band around two adjacent fingers or all four fingers. Gently spread fingers apart. Return to start position.

Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.



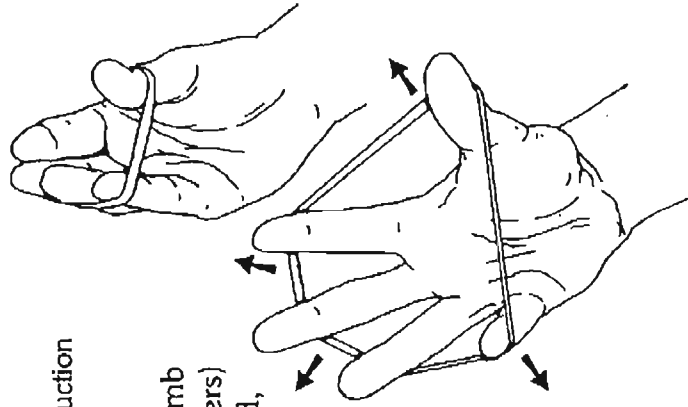
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HAND - 49

Finger Extension with Thumb Abduction with Rubber Band

With rubber band around thumb and specific finger (or all fingers) and hand held slightly cupped, gently spread thumb and finger(s) apart.

Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.



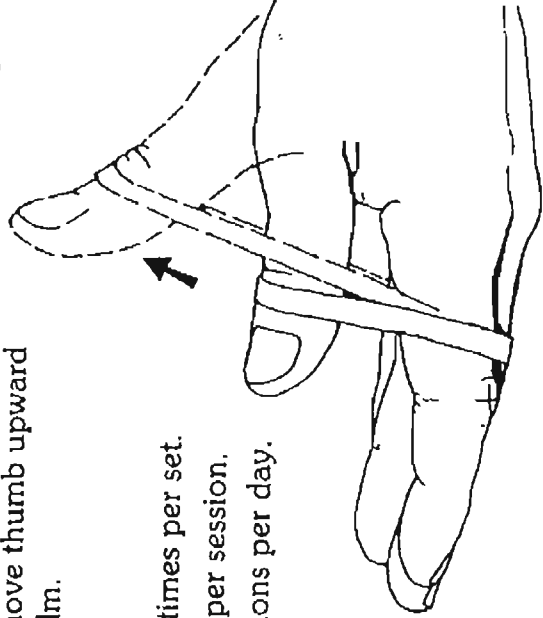
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HAND - 51

Thumb Extension with Rubber Band

From palm up position, with rubber band around fingers and thumb, move thumb upward away from palm. Return.

Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.



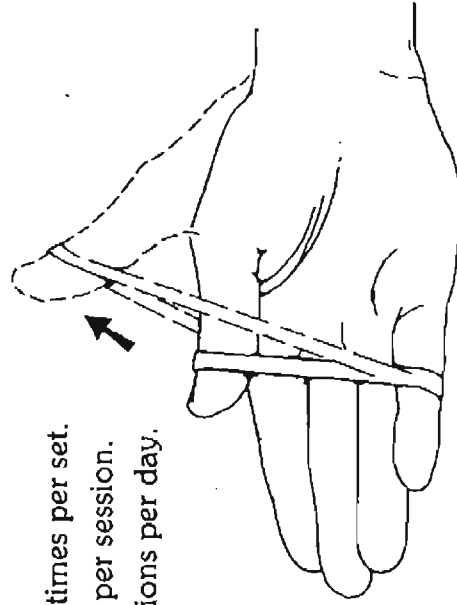
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HAND - 50

Thumb Extension with Rubber Band

From palm up position, with rubber band around fingers and thumb, move thumb outward.

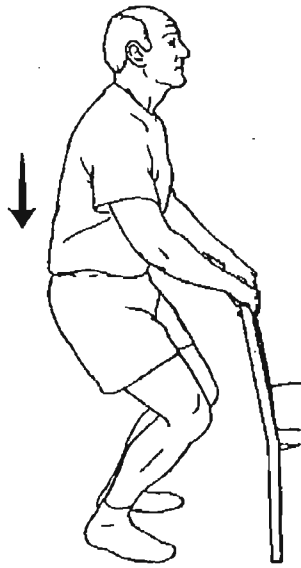
Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.



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KNEE - 2 Knee Bend

Holding a chair for balance, slowly bend knees. Keep both feet on the floor.



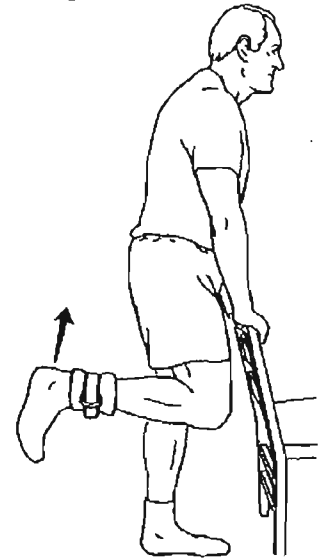
Repeat _____ times.
Do _____ sessions per day.

KNEE - 12 Hamstring Strengthening

Holding support, lift right heel toward buttocks. Use _____ lbs on ankle.

Hold _____ seconds.

Repeat _____ times.
Do _____ sessions per day.

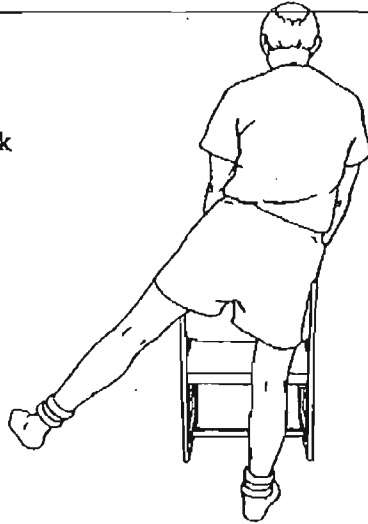


TOTAL HIP (ADVANCED) - 17 Standing Hip Abduction

Lift leg out to side, bring back to midline. Use _____ lbs on ankle.

Repeat with other leg.

Repeat _____ times.
Do _____ sessions per day.

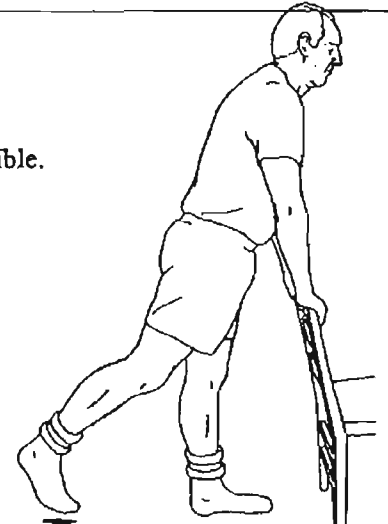


TOTAL HIP (ADVANCED) - 18 Standing Hip Extension

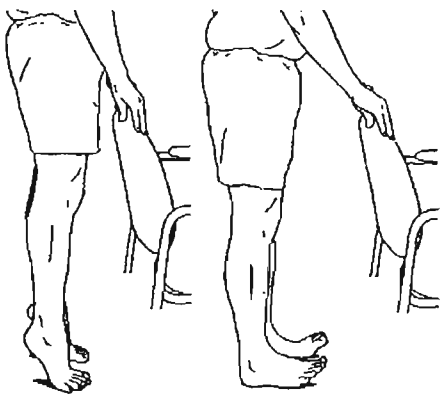
Bring leg back as far as possible. Use _____ lbs on ankle.

Repeat with other leg.

Repeat _____ times.
Do _____ sessions per day.



ANKLE / FOOT - 7 Toe-Up
(Ankle Plantar Flexion and Dorsiflexion)

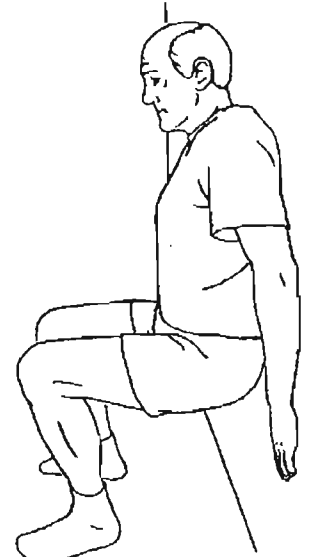


Holding a stable object, rise up on toes. Hold _____ seconds.
Then rock back on heels and hold _____ seconds.
Repeat _____ times. Do _____ sessions per day.

KNEE - 7 Advance Knee Strengtheners

Leaning on wall, bend knees and slowly lower body until legs form a 45° angle. Return. Inhale while lowering, and exhale while raising the body.

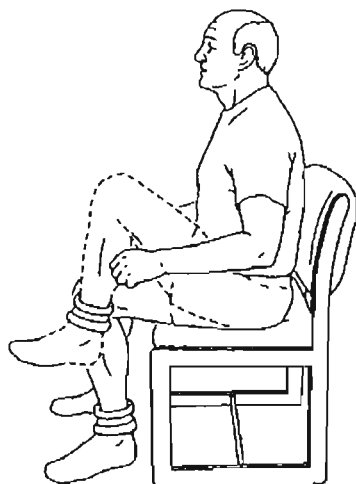
Repeat _____ times.
Do _____ sessions per day.



TOTAL HIP (ADVANCED) - 16 Sitting Chair Flexion

Bring knee up toward chest.
Use _____ lbs on ankle.

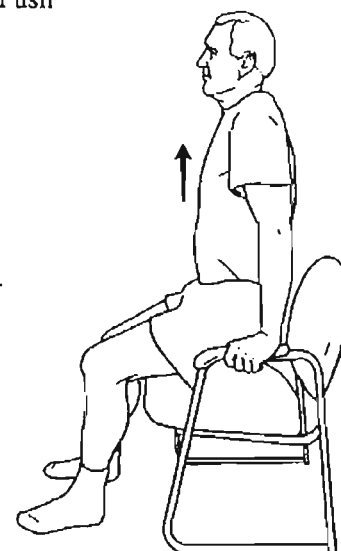
Repeat with other leg.



Repeat _____ times.
Do _____ sessions per day.

TOTAL HIP - 12 Arm Chair Push

Put hands on arms of chair
and push body up out of chair.

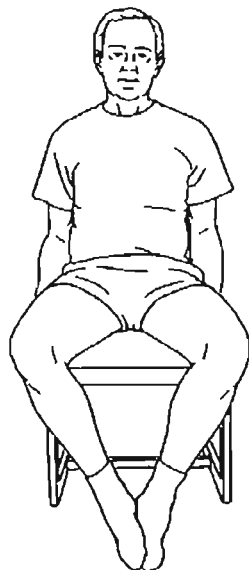


Repeat _____ times.
Do _____ sessions per day.

KNEE - 8 Toe Push

In sitting position, put feet
together, knees apart.
Gently squeeze feet
against each other.

Hold _____ seconds.



Repeat _____ times.
Do _____ sessions per day.

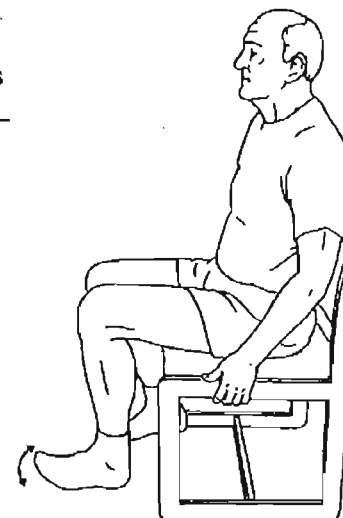
TOTAL KNEE - 18 Tricky Toe-Tap

Sitting with right knee bent as
far as possible, tap toes _____
times.

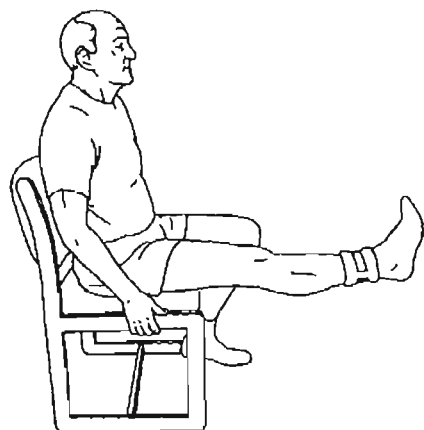
Now, try to bend it a bit
further and tap toes _____
times.

The goal is to bend knee
to 90°.

Repeat _____ times.
Do _____ sessions per day.



TOTAL KNEE - 11 Long Arc Quad



Straighten operated leg and try to hold it _____ seconds.
Use _____ lbs on ankle.

Repeat _____ times. Do _____ sessions a day.

HIP - 3 Legs Apart

Sitting straight, move legs
widely apart, then together
again.

Repeat _____ times.
Do _____ sessions per day.

