



Desk Mobility Program

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Mobility

The capacity to move or be moved freely and easily. This is important for desk workers alike because it keeps the joints healthy and helps to decrease risk of injury. Taking even 2-3 minutes here and there throughout your day to move through a few exercises will drastically help improve your body soreness and will make a positive difference over time.

About the program

The program provides basic mobility work applied to both the lower and upper extremities of the body. The movements in this program are meant to help with easing of discomfort.

In addition to being time efficient; these mobility exercises don't require any tools and can be done right at your desk.

This is for you going into battle on that desk life on a daily basis. Let's get moving!





To view instructions on how to perform the exercises, click the exercise title and you will be redirected to an external video link.

EXERCISE	METHOD/ TEMPO	SET	REP RANGE	NOTES
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UPPER EXTREMITY

Click title to view →

A	Seated Neck Stretch	Slow & Hold (max. 10 sec)	2	6-8 reps	Try this stretch on both sides of your neck.
B	Seated Neck Stretch 2	Slow & Hold (max. 10 sec)	2	6-8 reps	Try this stretch on both sides of your neck.
C	Lat Stretch with Chair	Slow & Hold (max. 10 sec)	2	6-8 reps	Be sure not to over extend and exhale when holding at end of range.
D	Chest Stretch with Chair	Slow & Hold (max. 10 sec)	2	6-8 reps/ side	Keep your shoulders back, away from your ears.
E	Forearm Stretch	Slow & Hold (max. 20 sec)	2	6-8 reps/ arm	Use light pressure as you grasp the side of the thumb and bend the wrist downward.

LOWER EXTREMITY

F	Single Leg Hamstring Stretch	Slow & Hold (max. 10 sec)	2	6-8 reps/ leg	Bend forward at your hips while keeping your leg straight.
G	Seated Hip Stretch	Slow & Hold (slight pause at end)	2	6-8 reps	Use your hands to help keep your leg flat.
H	Seated Lower Back Stretch	Slow & Hold (max. 10 sec)	2	6-8 reps	Take a deep inhale when initiating, exhale while holding the stretch.

Remember to maintain postural awareness when working. Poor posture habits become harder to correct the longer they exist and often get worse over time, however, improving one's posture can be quite simple. It's a process that takes time and attention to detail, but it can be done at any age.

We hope you enjoy this program!

For further mobility assessment, please reach out to schedule a personal one-on-one virtual consultation.

Email:

contact@lovahealth.com

Call/Text:

314.529.1941



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