



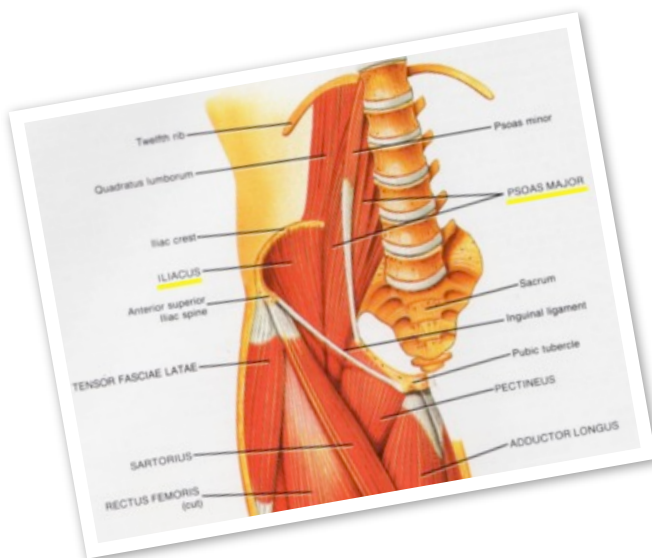
Tip of the Week

Anytime, Anyplace, Anywhere stretches

Week 10 of 52 – stretches that maintain posture

Top Tip Number 10

If you spend a lot of time sitting at a desk or in a car for more than one hour at a time, remember to take a break from your seated posture. The simple stretch shown in the photo can really help. The muscles that benefit from this stretch are the quadriceps, a group of four muscles in the front of the thigh. Another group of muscles that benefit from this stretch after a period of sitting are the hip flexors, the muscles you use when you lift your leg off the floor. One of the important hip flexor muscles is known as the psoas which can shorten and detrimentally affect the lower back and pelvic posture. The standing stretch shown in the picture can be used to gently stretch both the quadricep and hip flexor psoas muscle.



Hold the ankle rather than the foot.
Hold your stretch for 20 seconds.
Stretch both sides.

To increase the stretch, gently encourage the lower part of the pelvis (pubic bone) forward.

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