



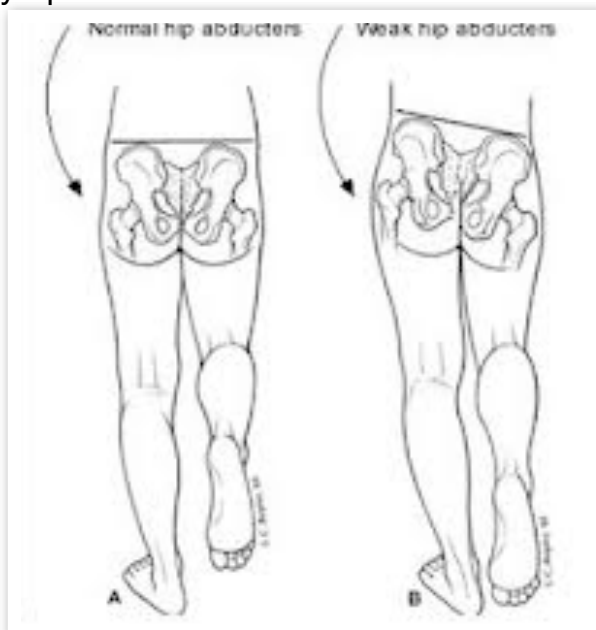
# Tip of the Week

Anytime, Anyplace, Anywhere stretches

*Week 12 of 52 – stretches that maintain posture*

## Top Tip Number 12

If you spend a lot of time sitting, remember to take regular breaks from your seated posture. The simple stretch shown here can help to relieve tension in the buttock muscles, in the main the gluteal and piriformis muscles. These muscles are important in stabilising the pelvis and therefore the lower back and also important in how your hip joint functions. Avoid stressing the ankle joint in this stretch by placing the lower part of the leg on the thigh rather than the ankle joint itself. Keeping these muscles working well can help to reduce your risk of back and hip symptoms.



*normal movement -v- Abnormal*



Gently take your chest forward to increase the stretch.

Hold your stretch for 20 seconds.  
 Stretch both sides.

**Leiza Alpass MSc DC Chiropractor**  
**Now available @ Clifton College Sports & Leisure Ground**