# Chair exercises

Welcome to the exercise pages, here you will find a number of exercises which help prevent computer related injury. They need to be practiced regularly to have a lasting effect.

As with all exercise, you need to listen to your body, keep the back of the neck and spine lengthened and the rib cage lifted. Remember to breathe as you work with the different exercises.
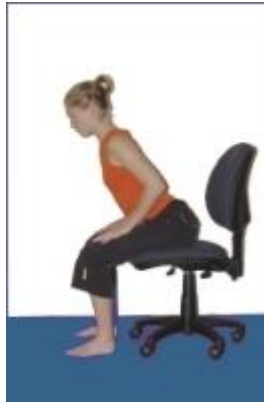
**1**   **2**   **3**

Forward Bend
Benefits:
Releases tension in the lower back, elongates the spine.

Sit comfortably on the chair, feet parallel and resting on the floor.
Place hands on the knees, elongate the spine and the back of the neck.
Bend forward from the hips, leading with the front of the body. Release hands onto the floor, resting the chest on the knees.
Hold for 10 seconds, then gently come up.
fig 1-3
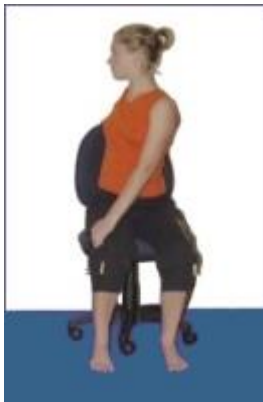
4   **5**   **6**

Chair exercises

7 **8** **9**

Spinal Twist:

Benefits:

Stretches the muscles of the spinal column relieving tension or tightness, nourishes the spinal nerves, opens the chest.

Sit on a chair, your weight slightly forwards. Do not collapse the back of your waist but sit up tall, so that the front of your body is stretched and your chest is open. see fig 1

Then, without moving your hips, twist to the right and hold the back of the chair seat with your right hand, putting the back of your left hand against your right thigh. Keep your knees in line with your hips. As you turn, drop your shoulders, letting your spine stretch up from the hips. Hold for 30 seconds, relax and repeat on the other side.
see fig 4-7

Seated Spinal Stretch:

Benefits:

Increases mobility of the hips and lower back. Opens the chest, promotes breathing and better circulation.

Sit on front of chair, feet parallel & flat on floor. Allow the spine to lengthen.
Place your hands on your knees.
Inhale as you draw your shoulders back..
Lift your head and draw your heart forward and up, arching your back.

Exhale, release your head down. Press your hands into your knees, round your back up toward the ceiling. Draw the abdominals in towards the spine.
Repeat 4-5 times, then come back to a sitting position.
fig 8 & 9