



ANDOVER
Chiropractic Centre

5 MINUTE RESET

THE SEATED CAT-COW (60 SECONDS)

Sit on the edge of your chair with feet flat.

As you inhale, arch your back and look slightly upward, pulling your shoulder blades together. As you exhale, round your spine, tuck your chin to your chest, and push your mid-back toward the chair.



THE DESK-EDGE PECTORAL STRETCH (60 SECONDS)



Stand up. Place your forearms against the frame of a doorway or simply interlace your fingers behind your back.

Gently push your chest forward until you feel a stretch across the front of your shoulders. Hold for 3 breaths, release, and repeat.

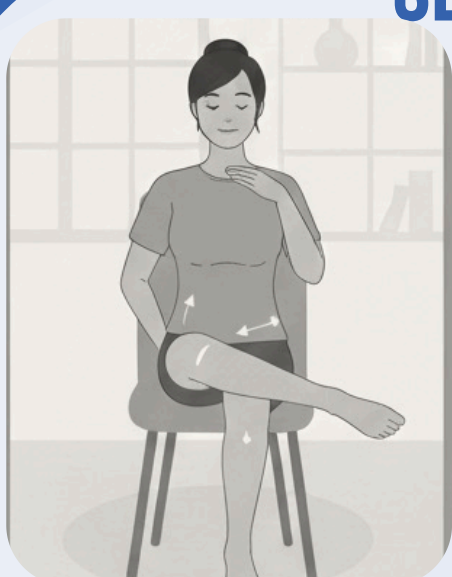
THE "BRÜGGER" RELIEF POSITION (60 SECONDS)

Sit at the very edge of your chair, legs spread slightly.

Turn your palms outward (facing away from you), tuck your chin in slightly (double chin style), and take deep belly breaths.



SEATED FIGURE-FOUR STRETCH (60 SECONDS)



While seated, cross your right ankle over your left knee.

Keep your back straight and lean forward slightly from the hips. You'll feel this in your glute/hip.

Hold for 30 seconds per side.

THE WALL SLIDE OR "Y-W" (60 SECONDS)

Stand with your back against a wall (or just standing tall).

Raise your arms into a "Y" shape, then slowly pull your elbows down toward your ribs to form a "W," squeezing your shoulder blades hard.

