

Desk Life



30

Whether standing or sitting at your desk, you should not be static for too long. **Every 30 minutes choose a new position.**

Whole-Body Desk Mobility Guide

Maintain your body and get more productivity out of your workday. Use this desk mobility guide to help improve your posture and strengthen key areas while decreasing built-up tension when working at your desk.



AVERAGE TIME

15 Minutes



INTENSITY

Low



TARGET

Posture

Hip Mobility

Shoulder Mobility

Whole Body Flexibility




LEVEL

Beginner

Disclaimer

Only perform these movements if medically able, in good health, and properly prepared. This guide is for educational purposes only. If you're experiencing any pain or health-related issues, please seek a licensed healthcare professional.

PROGRAM BY

 Myodetox



Between time spent at home, commuting, and at work, most of us spend **more than nine hours sitting per day.**



NECK STRETCH

Relieve pain and tightness in your neck, head, and shoulders, with this simple hands-on stretch.

REPS

Hold for 5-10 secs, 3 reps per side

SETS

3



START POSITION

Place your left hand on the top of your left shoulder. Reach your right hand up and place it on the base of your head.



END POSITION

Turn your head to the right. Apply a gentle pulling stretch using your right hand. Feel the stretch in the left side of your neck and left shoulder.

SEATED CAT COW

Reduce discomfort and avoid tightness by increasing flexibility in your upper back, neck and shoulders.

REPS

10

SETS

3



START POSITION

—
Round your shoulders and look down. Feel the stretch between your shoulder blades.

END POSITION

—
Look up, squeeze your shoulder blades together and pull your shoulders back until you feel the stretch in your chest or the front of your neck.

HIP HINGE

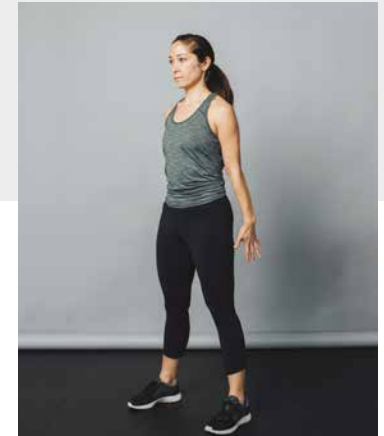
Reinforce your posture to avoid low back pain by strengthening your hip, mid back, and core muscles.

REPS

10

SETS

3



START POSITION

—
Bend at your hips to sit back making sure you keep a slight bend in your knees. Reach your arms up towards ear height. Feel the tension through the hamstrings and at your hips.

END POSITION

—
Stand up firm by squeezing your hip muscles, pulling your arms down to your side, and bringing your shoulders back. You should feel your core, glutes, and hips activate.

FRONT LINE AND BACK LINE STRETCH

Decrease tightness throughout your back, hips, and legs by using movement to actively open up these regions.

REPS

5 per side

SETS

3

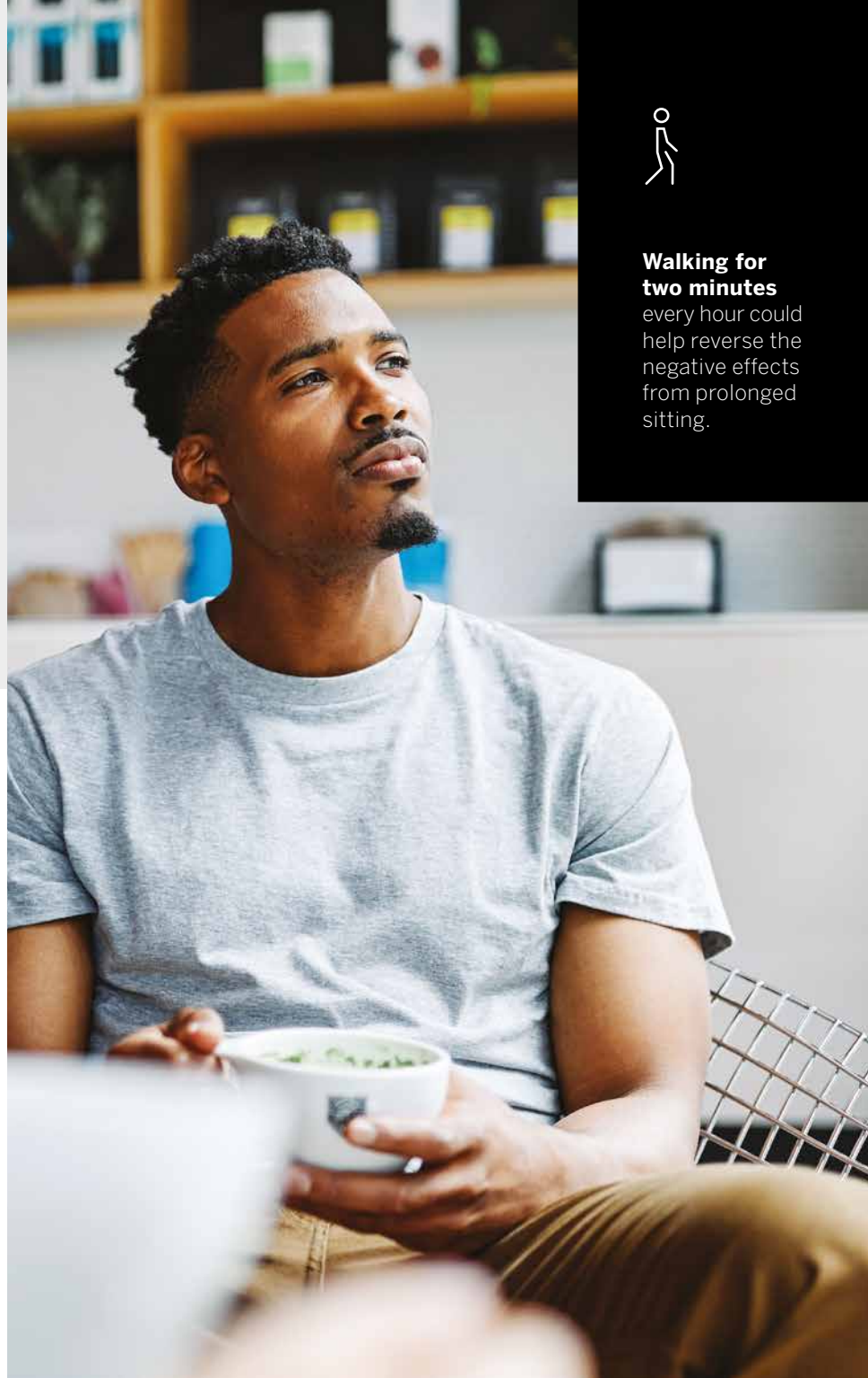


START POSITION

Begin in a lunge position. Reach both arms up and look up between your hands. Gently lean back and extend your spine. Feel the stretch both in the front of your hip (of the back leg) and the front of your body.

END POSITION

Shift your weight on to your back leg as you bring your arms down, and toes off the ground. Look down and reach for your back foot, folding your spine forward. Feel the stretch in the back of your front leg and along the back of your body.



Walking for two minutes every hour could help reverse the negative effects from prolonged sitting.

HIP FLEXOR STRETCH

Release tightness in your hips after prolonged sitting positions by opening up your hip flexor, and improving your front line mobility.

REPS

Hold for 3-5 secs, 3 reps per side

SETS

3



START POSITION

Kneel on one knee with your arms by your side. Tuck your tailbone downwards to create a gentle stretch in the front of your hip of that kneeling leg.



END POSITION

Expand the stretch by looking up and raising your arms overhead as you shift your weight into your front leg.

PIRIFORMIS STRETCH

Decrease tightness and discomfort in your hips and low back caused by long periods of sitting.

REPS

Hold for 10-15 secs, 3 reps per side

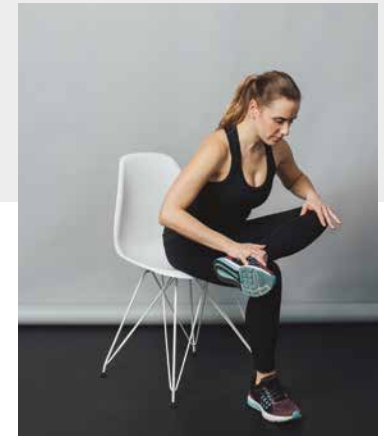
SETS

3



START POSITION

While seated in a chair, cross your legs so one foot and ankle rests on the other knee. Sit up tall and place one hand on your knee and the other on your foot



END POSITION

Keeping your spine straight, bend your upper body towards your hips, leading with your chest. Apply gentle pressure to your crossed knee to feel a stretch in your hips and lower back of the bent leg. Be sure not to forward flex your neck.

THE W

Strengthen and build endurance in your back to help maintain a balanced posture while seated.

REPS

10

SETS

3



START POSITION

Stand with both arms overhead in the shape of a 'Y'. Keep your chin slightly tucked in.



END POSITION

While doing a pull-down motion, draw your elbows towards your hips and squeeze your shoulder blades down your back. End in the shape of a 'W' maintaining a slight chin tuck. Feel the contraction in your middle back between your shoulder blades.

THINK INSIDE THE BOX

Maintaining a Healthy and Comfortable Clinic

Your health is our number one priority as we reopen our clinics to the community, so we've redesigned our clinics to keep you and our team safe.

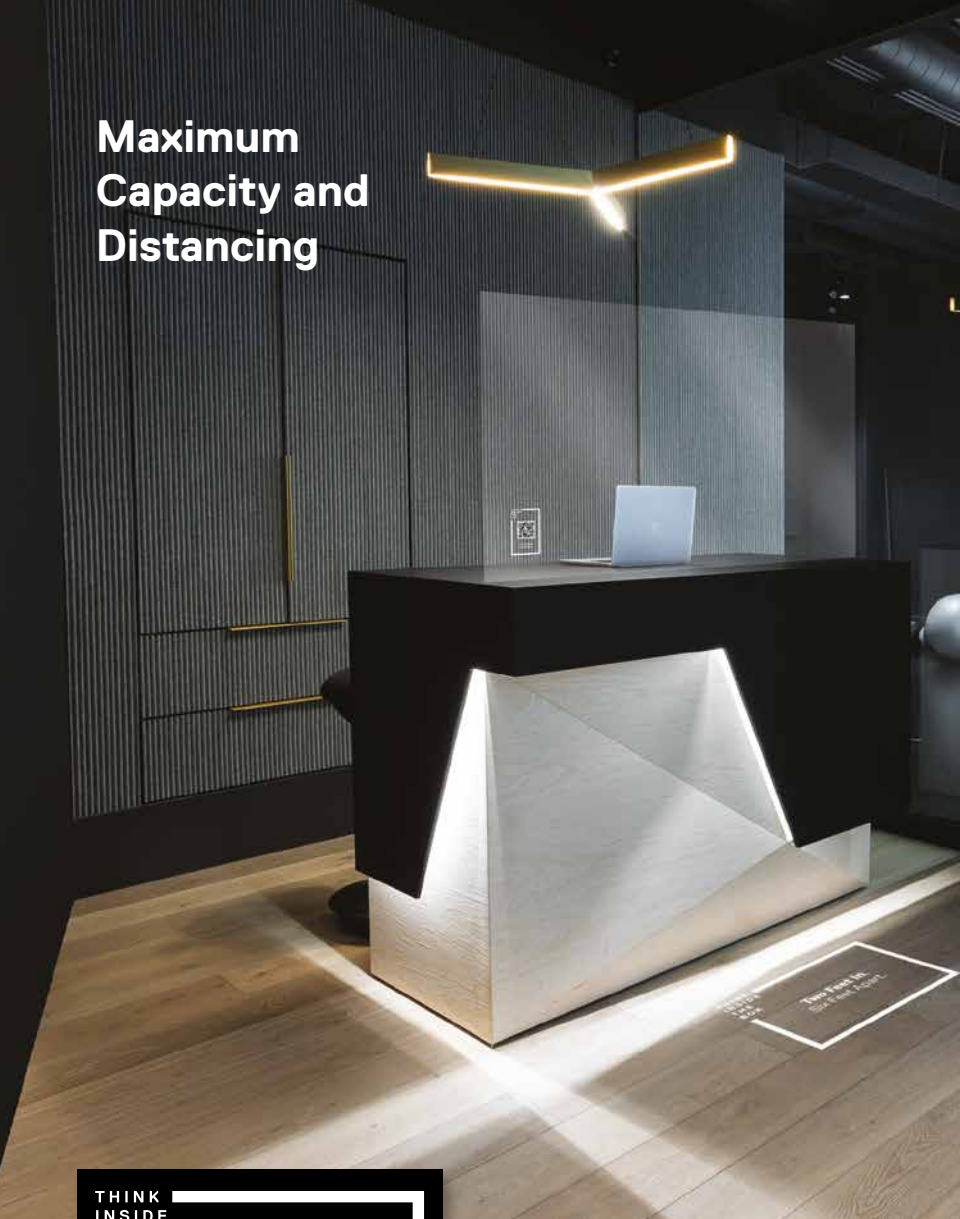
'Think Inside The Box' is a series of visual markers within the clinic on where to stand, sit, and sanitize.

LEARN MORE

myodetox.com/thinkinsidethebox



Maximum Capacity and Distancing



THINK
INSIDE
THE
BOX

**Two Feet In,
Six Feet Apart.**

We've limited the number of individuals in the clinic at once and installed visual markers throughout our clinics to allow for a healthy physical distance.

Heightened Cleaning Procedures



THINK
INSIDE
THE
BOX

**Place Used
Equipment Here**

We've raised the standard of our cleaning measures to ensure the health and safety of our team and clients.

Thorough Screening For Symptoms



We've implemented a series of protocols, including a thorough online form to determine if a client is eligible to book a session at one of our clinics.

At the beginning of every shift, our team completes a full health screening, which includes a temperature check. Masks are also a requirement for therapists.



EXPERIENCE MYODETOX VIRTUAL SESSIONS

If you're not comfortable visiting us at the clinic just yet, you can book an online session between yourself and an expert therapist.

Learn more at myodetox.com/virtual-session

FIND YOUR NEAREST CLINIC
myodetox.com/locations

EXCLUSIVE OFFER

Your home is now your office, coffee shop, and gym. While your everyday life today is limited to the confines of your home, one thing hasn't changed—feeling good is essential to daily living.

Our doors recently reopened, and we wanted to exclusively offer you a complimentary first session to help get you feeling better. Simply book a session and present this offer upon arrival.

We understand if you are still unsure about stopping by, so a Virtual Session can also be booked as part of this offer. Learn more at Myodetox.com/virtual-session.

COMPLIMENTARY

60-Minute First Session

Offer ends October 31, 2020

Valid at any Myodetox location in Canada. First time clients only. Choice of an in-clinic session or virtual session.

GE
USE

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