

**Posture Restoration** with



**Move More at Your Workstation**



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# Spread Your Toes

## Promotes:

Healthy foot function for better arch, ankle, knee, and hip function, and better balance and blood flow.



## Instructions:

1. Sit comfortably.
2. Spread your toes apart like a fan.
3. Relax.
4. Repeat.
5. Do this several times every day.

## Notes: Know your progress:

- Level 1: Can't actively spread your toes apart like a fan and they feel stuck. Use your fingers to help.
- Level 2: You can spread them some, but the big toe is not on the same plane as the other toes. Keep practicing.
- Level 3: You can spread your toes like a fan but you get a cramp in your arch pretty quick. Keep working on the spreading, do short reps throughout the day.
- Level 4: You can spread your toes like a fan and no cramping. These are healthy toes with arch assistance.

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# Toe Strengtheners

## Promotes:

Healthy foot function for better arch, ankle, knee, and hip function, and better balance and blood flow.



## Instructions:

(Place the ball on a yoga mat, carpet, or in a sock to help it not roll away.)

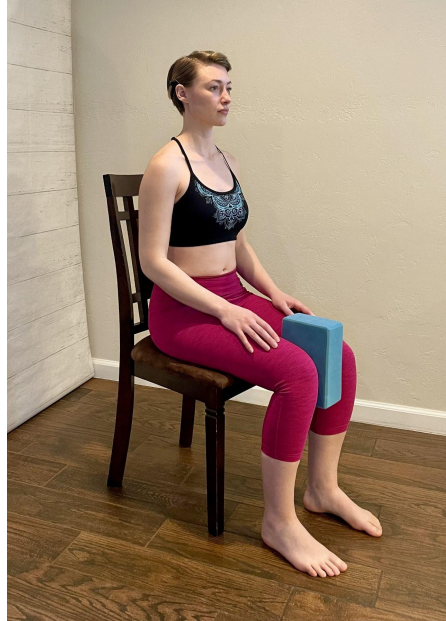
1. Stand or sit with a tennis ball on the floor.
2. Place a foot on the ball and gently roll the ball along the bottom of your foot a few times.
3. Then place the ball of your foot on the tennis ball (at the base of your toes, where toes and foot meet).
4. Alternate between lifting your toes up away from the ball and then wrapping your toes around the ball and try to “pick up” the ball with your toes. You will not actually pick it up, just activate the muscles that would do this if it were possible.
5. Repeat several times.
6. Next, place your big toe on the ball and all your other toes on the floor.
7. Press your big toe down into the ball and then release.
8. Repeat several times.
9. Then place your big toe on the floor and all your other toes on the ball.
10. Press your four little toes down onto the ball and then release.
11. Repeat several times.
12. Lastly, place your middle three toes on the ball with your big and pinky toes on the floor.
13. Press your middle three toes down into the ball and then release.
14. Repeat several times.
15. Then switch feet and repeat steps 2-14 with the other foot.

# Kinetic Chain Activator

## AKA: Knee Pillow Squeezes

### Promotes:

Low back tension relief. Activates the kinetic chain connecting the upper and lower halves of the body. Strengthens the inner thighs. Promotes correct pelvic function.



### Instructions:

1. Sit the middle of your chair with something between your knees: block, pillow, water bottle, toilet paper roll, etc.
2. Option 1: Just hold it there, no squeezing.
3. Option 2: Squeeze and release the item between you knees.

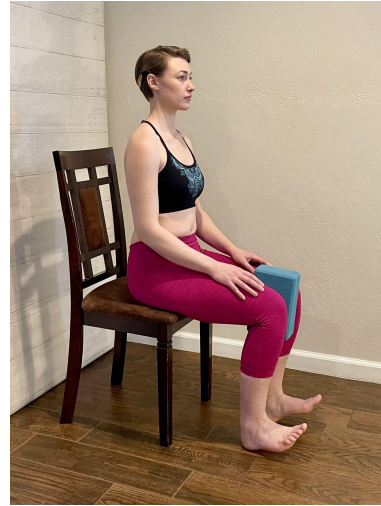
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# Rocking Chairs

## Promotes:

Proper foot, arch, ankle, and knee function. Improves point-and-flex range of motion. Activates the kinetic chain.



## Instructions:

1. Sit the middle of your chair.
2. Option: Hold an item between your knees to help activate the kinetic chain and keep proper alignment.
3. Line up your ankles, knees and center of thighs.
4. Alternate between lifting your heels and toes off the floor.
5. Be aware of your ankles and feet as you lift and lower.  
Don't let your ankles fall in or out. Try and keep your toes level as you lift, focus on those pinky toes coming up towards your face.

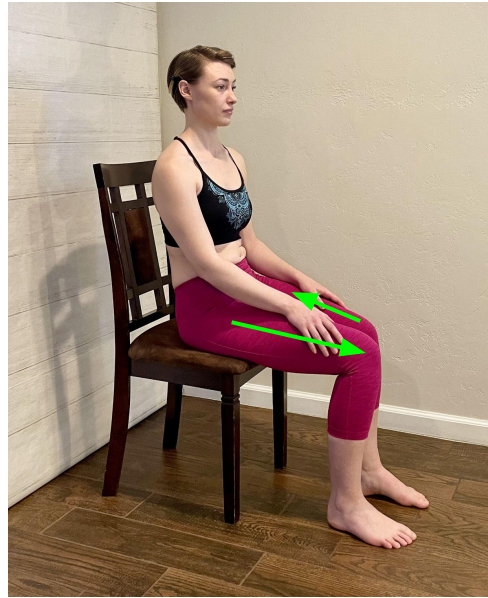
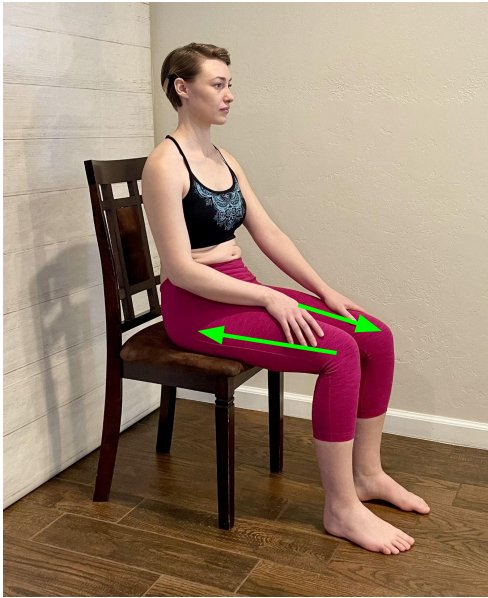


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# SI Shifties

## Promotes:

Releases and retrains proper pelvis and SI function from side to side.



## Instructions:

1. Sit in the middle of your chair.
2. Tuck your tailbone under a little.
3. Slide one knee more forward and the other one backward.
4. Then slide it back and slide the other knee more forward.
5. Repeat, taking turns sliding one knee more forward and then the other knee.

**Notes:** This movement should come from your pelvis. If it helps you can put a water bottle between your legs and roll your inner thighs back and forth along the water bottle.

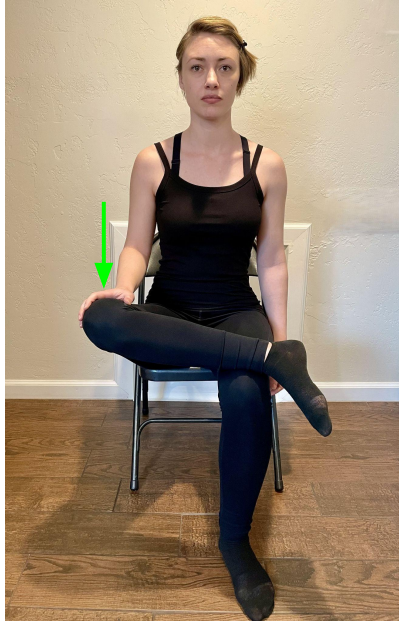
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## Figure 4

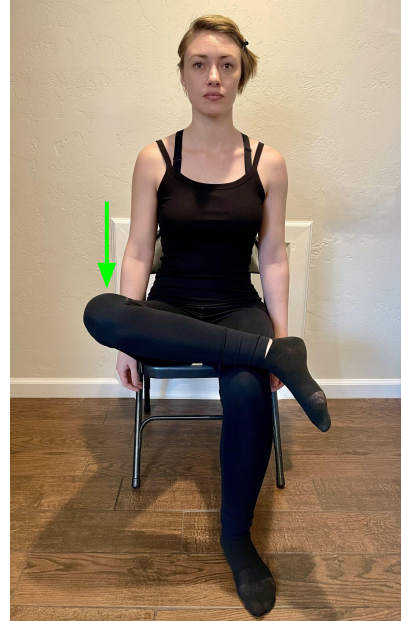
### Promotes:

Passive version: stretches the deep bum rotators and outer hip.  
Resets the pelvis. Creates hip external rotation.

Active version: same as passive and strengthens the outer hip muscles for better pelvis and hip stability.



Passive



Active

### Instructions:

1. Sit in the middle or front of a chair.
2. Cross one ankle over the opposite knee.
3. **Passive:** Use your hand to press downward on your knee to find a good stretch.  
**Active:** Use your outer hips muscles to pull your leg downward.

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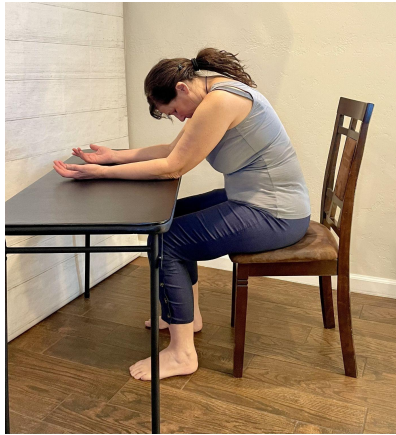


# Back Breathing

## Promotes:

Retrains the catch and release of the breath with the ribs and back body and creates rib expansion.

Diaphragmatic function sets the tone for the function of the entire body. Our respiratory system is a pressure system and is playing a game of catch and release. On the inhale our breath should expand in all directions, 360 degrees, and be caught by our lower ribs, abs, back, and pelvic floor. And then released on the exhale. Most of us have forgotten how to expand our ribs and let our ribs and back body catch our breath.



## Instructions as an Exercise:

1. Sitting or standing: slump forward over your desk or over the back of a chair.
2. Palms face up.
3. Take deep breaths into your back body. Feel your back ribs expand and contract. Feel your lower back expand and contract.
4. Take 5-10 breaths like this several times a day.

## Instructions for while you work:

1. While at your workstation, intentionally breathe into your back body. Feel your back ribs expand and contract. Feel your lower back expand and contract.
2. Take 5-10 breaths like this several times a day.

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# Calf Stretches

## Promotes:

Releases the calf muscles which improves arch and foot function.



## Instructions:

1. Stand with one or both feet on an upward slope.
2. Hold and breathe.
3. Feel free to move around and bend the knee to find different stretches.

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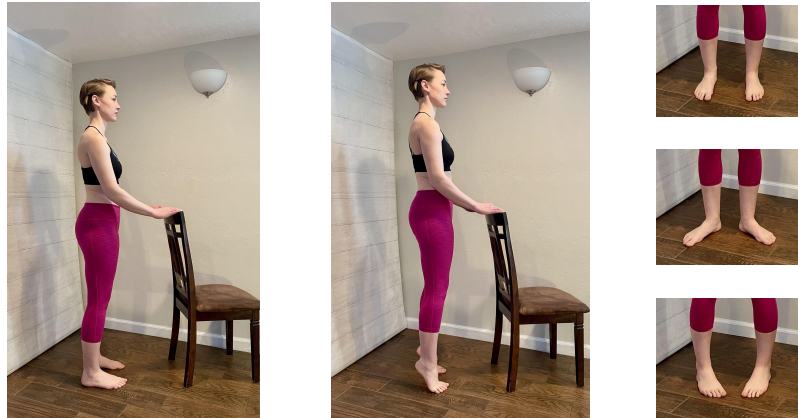
# Heel Raises

## 3 Positions

### Promotes:

Pumps the calves to send blood back to the heart. Retrains proper foot, arch, and ankle function and increases ankle range of motion.

Reestablishes the neural pathway for vertical joint stacking.



### Instructions:

1. Stand with you hands holding onto something.
2. Begin with feet pointed straight ahead.
3. Rise up on your toes and then slowly lower back down.
4. Repeat several times.
5. Then do the same movements in the next two positions: feet turned out & feet turned in.

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# SI Wiggles

## Promotes:

Moves and helps release the SI joint and lubricate the moving parts of the pelvis. Retrains the outer hip and inner thigh muscles that control pelvic shift.



Push with your outer hip.



Pull with your inner thigh.

## Instructions:

1. Stand with your legs apart at a distance that is comfortable for you.
2. **Push** your pelvis over to one side with the outside muscles of the opposite hip. It may help to imagine pushing that foot away from your body.
3. Now repeat this going the other way.
4. Alternate going back and forth pushing your pelvis from side to side several times.
5. Then switch to **Pulling** the pelvis to one side using the inner thigh muscles of the leg on the side you are pulling the pelvis towards. It may help to imagine pulling that foot inward.
6. Now repeat this going the other way.
7. Alternate going back and forth pulling your pelvis from side to side several times.

Notes: You may notice that you cannot activate some of these muscles. That's okay. Try moving your feet closer together or farther apart. Think about pushing or pulling that foot on the floor to see if it will help you activate the outer hip or inner thigh.

# Foot Wall Press

## Promotes:

Strengthens the outer hips (glute med & min) for pelvic resetting and pelvic and hip stabilization when standing and walking.

Improves balance.



## Instructions:

1. Stand next to something heavy at least a foot tall, with your foot about 2-6 inches away.
2. Hold onto something for balance if needed.
3. *TUCK* your tailbone under slightly and maintain this throughout the entire exercise.
4. Lift your inside foot just above baseboard height.
5. *PRESS* the outside of your foot against the heavy object.
6. Hold for 10-30 seconds and breathe.
7. Repeat on the other side.

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# Foot Block Press

## Promotes:

Activates the inner thighs and resets the pelvis.



## Instructions:

1. Stand with one foot on an elevated surface like a block, stair, thick book, or even a chair. Chose a height that is comfortable to you.
2. Hold onto something for balance if needed.
3. Press your foot downward into the block.
4. Hold for 30 to 60 seconds and breathe.

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# Pyramid Pose

## Promotes:

Realigns the pelvis and hips by requiring each side of the pelvis to move the opposite way from the other. Promotes proper femur gliding in the hip socket and stretches the back of the legs.

Passively creates pelvic internal and external rotation.



## Instructions:

1. Stand in a staggered stance, with one leg about your shin's distance in front of the other one.
2. Square your hips to face forward and keep them square throughout the exercise.
3. Lean your upper body forward as far is comfortable for you.
4. Let your thigh bones glide deep into your bum, like you are trying to poke them out the backside of your bum.
5. Find a good stretch in the backs of your legs and let your bum really open up to let the top of your thigh bone glide back.
6. Hold for 30 seconds to 1 minute and breathe.
7. Repeat with the other leg.

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