Ergo Your Posture

Wall Angels (10 Reps / 1 s hold)
- Stand with your back against a wall and bend your knees a little. Your shoulders and head should be touching the wall.
- Start with your shoulders, wrists and forearms should be touching the wall.
- Bring your arms up as high as you can get them, without any of your body parts coming away from the wall.

Side Stretch (1 Rep / 20 s hold)
- Stand with your arms up over your head, keeping them close to your ears.
- Hold your hands together and lean to one side, feeling the stretch down the other side of your torso.

Wall Fly (10 Reps / 1 s hold)
- Stand up straight with your back against a wall.
- Bend your elbows and rotate your forearms outwards so that the backs of your hands touch the wall.
- Allow your upper arms to move away from your sides a little.
- Maintaining this angle, press the backs of your forearms and wrists into the wall.

Lumbar Extension (5 Reps / 5 s hold)
- Place your hands in the small of your back and slowly bend backwards focusing on arching in your lower back.

Shoulder Shrugs (10 Reps / 1 s hold)
- Take a deep breath in and move your shoulders upwards.

In collaboration with UBC Recreation, UBC Safety & Risk Services, UBC Okanagan, UBC Human Resources
Trunk Rotation (2 Reps / 5 s hold)
- Sit upright in a chair and rotate your body round to one side, using your arms on the back of the chair to pull yourself round further.

Deep Neck Flexors (10 Reps / 1 s hold)
- Lean your body forwards and ensure your back remains straight.
- Pull your head backwards so that your chin tucks in. Then, look up towards the ceiling until your head is around neutral.

Glute Stretch (1 Rep / 30 s hold)
- Cross the ankle of the affected leg over the opposite thigh just above the knee. Lean forwards, bending from the hip.
- Increase the stretch by placing your hand on the inside of the affected knee, and apply some downwards pressure.

Nose to Armpit (1 Rep / 30 s hold)
- Place the hand of the side you want to stretch behind your back. Take the opposite hand and pull your head forwards and to the opposite side at an angle.

Wrist Stretch (1 Rep / 20 s hold)
- Start with your forearm resting on a table and your affected hand palm up. Keep your fingers relaxed and use your other hand to lift the hand upwards.