



Gluteus Maximus Stretch

- 1 Sit on the edge of a chair with one ankle across the top of the opposite knee
- 2 Flex glutes of the side of the top knee for 3 seconds pulling the knee toward the floor
- 3 Relax the contraction and then lean forward with a straight spine until you feel a stretch in the glute/piriformis muscle, hold for 10 seconds
- 4 Repeat the stretch 3 times (always end with the stretch)



Chest Stretch [\(watch full demo in "How to Avoid Neck & Back Pain at the Office" by Formaspace\)](#)



- 1 Stand with your feet hip-width apart and your legs slightly bent
- 2 Clasp your hands behind your back with your knuckles facing the floor
- 3 Move your head up as being drawn by a string
- 4 Keeping your back straight, move your hands/arms down (slightly rotating the front of your elbows out)
- 5 Slightly tilt your tailbone toward the floor (this should engage your pelvic floor)
- 6 Hold the stretch for 60 seconds and perform every hour you sit at the computer or to retrain posture

Psoas Stretch

- 1 Start by placing the leg of the side you wish to stretch behind as shown on the right
 - Forward knee should not cross the ball of the forward foot. In this case the left
 - Keep pelvis perpendicular to forward thigh
 - Move shoulders & hips forward simultaneously
- 2 Next, move your body forward so that you feel a stretch in the front of this hip
- 3 Engage the pelvic floor muscles as you move forward
- 4 Hold the stretch for 10 seconds, follow by tightening the hip flexors or glutes for 3 seconds. Repeat the stretch 3 times (always end with the stretch)

