



Therapi Tyline Lockdown Stretches



Lockdown Glutes Stretches



It is unfortunate, but the chances are, during lockdown you have been spending a large portion of your day sitting when working at home. Home working is becoming a fact of life in our modern world.

Between working at your computer/laptop, tablet or mobile during the day and unwinding in front of the television -- it adds up! Unfortunately, all this time

spent being sedentary is not doing you, or your butt, any favours!

Being seated for an extended time can cause your glute muscles to go to sleep. These are very important muscles and can affect your health and the functioning of your entire body!

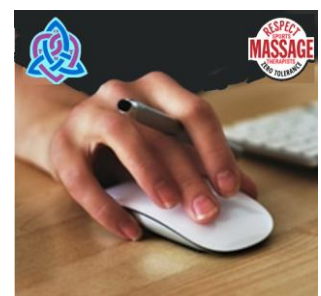
Spending the day seated can make your hip flexor shorten. When this muscle group becomes tight, it can throw off your posture, prevent proper rotation of your pelvis, and leading to Lumbar back pain. When your pelvis is restricted rotating forward properly, it can cause compression in your lumbar back region, thus the pain. When your hips, pelvis, and glutes aren't functioning correctly, you could experience pain down your leg, particularly in your knee and ankle.

The glutes are a group of muscles that handle a lot of work. When they aren't functioning correctly their job shifts to other, less equipped, muscles groups in the body.

The glute group muscles support the body when we stand in an erect position, aid standing up from a sitting position and assists with balance. When the glutes are weak they restrict normal function from walking to running and interferes with sports activity suggest as golf

While you are working, get your glutes in on the action. Tense them by giving them a squeeze, to awaken them up and help prevent atrophy.

By making adjustments to your seating position can improve your posture while sitting. Your feet should be flat on the floor and your hips should be slightly above your knees. Make sure the back of the chair or with a pillow is supporting your back. Sit upright, keeping your head directly over your shoulders. Adjust the level of the VDU screen so you are looking forward. Sit close to your desk to ensure that you don't stretch for the computer/laptop keyboard or mouse.



Gluteal Stretch

1. Lie on the floor on a suitable a mat or soft surface.
2. Bend both of your knees with both feet on the floor. The start position
3. Cross one of your legs over the other knee so that your shin is resting on your knee.
4. Place your hand through the gap between your legs and your hand on the outside of your legs.
5. Hold your hamstring with both hands.
6. Gently pull your hamstring towards yourself.
7. Hold for a count of 5
8. Return to the starting position and
9. Hold for a count of 5
10. Repeat on the other side.
11. Hold the stretches initially for a count of 5 increase to 15, and repeat 3-5 times



Only go as far as is comfortable for you.

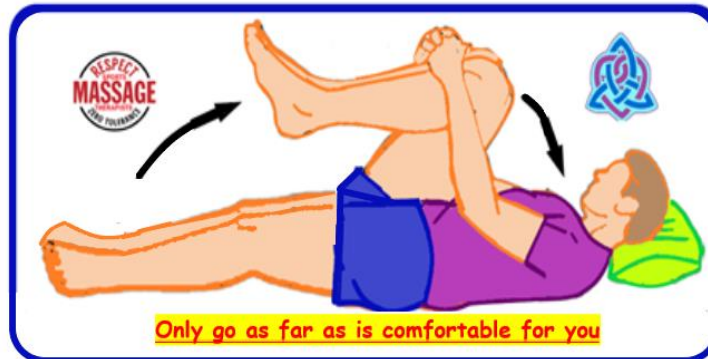
Leg Flexure Stretch

1. Sit on the floor with both legs front of you.
2. Bend one of your knees, place your foot over the other leg, and place it on the floor outside your hip. Your knee will point directly up at the ceiling.
3. Breathe out and rotate your torso to the right.
4. Press your hand against the floor just behind your buttock, and set your other upper arm on the outside of your thigh close to the knee. Pull thigh snugly into your torso.
5. Stay in the pose for a count of 5. Breathe in and untwist.
6. At the start position stay in the pose for a count of 5
7. Change sides.
8. Hold the stretches initially for a count of 5 increase to 15, and repeat 3-5 times
9. Never bounce with a stretch and don't forget to breath!!



Only go as far as is comfortable for you.

Knee to Chest Stretch



1. Lie on your back,
2. Slowly bring both knees up toward your chest.
3. Grasp the knees with both hands (either on top or under the knee)
4. Gently pull them towards your chest.

You should feel a mild to moderate stretch in the low back, hip, and buttock.

Only go as far as is comfortable for you.

Forward Spinal Stretch

1. Sit up straight with your feet together and flat on the floor
2. This is the start position
3. Take a deep breath, breathe out as you slowly lower your hands down until they reach the floor,
4. Place your fingertips on the floor on either side your feet,

Only go as far as is comfortable for you.

5. Hold for a count of 5 continue
6. breathe in
7. breathe out as you slowly return to the start position
8. Hold for a count of 5
9. take a deep breath and repeat
10. Repeat three times.
11. With each dip try to stretch further down until your palms are flat. Don't worry if you can't do this,

only go as far as is comfortable for you.





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Sit comfortably

It is even important to be set up comfortably at your desk. This can prevent backache and other problems. Here is a handy suggestion.

1. Keep your chair close to your desk.
2. Adjust the chair height so your feet are flat on the floor.
3. The top of the VDU should be level with your eyes,
4. The VDU should be about an arms-length away from you.



ONLY go as far as is COMFORTABLE when STRETCHING.

Do not over stretch, only stretch until you feel resistance, not so much that it hurts.

Hold the stretch once you reach resistance for a count of 5, then slowly return to the start position.