

Alternate Standing Desk Exercise (Neck & Lower Back Mobility)



The Counter Stretch encourages knee and spinal extension helping to prevent forward head posture, text neck, and inefficient running form.



Doing a Standing Overhead Extension creates spinal extension and counteracts the slouching sitting encourages.



The Standing Quad Stretch gets your hips out of the flexed position of sitting by promoting hip extension. Hip extension is one of the most components of efficient pain free running.

#1 Counter Stretch

1. Stand facing a table or counter that is about waist high
 - o The table/counter can be lower than your waist if you are more advanced, higher if you are just starting.
 - o Keep your feet pointed straight and place your hands on the table/counter you are facing.
2. Walk your feet back so that your weight is in your toes.
 - o Keep the hips, knees and feet in alignment.
3. Kick your buttocks/hips back to place an arch in your lower back.
 - o Keep your elbows locked out and tighten your quads.
4. Hold for desired amount of time 30 seconds,1-2 minutes

#2 Overhead Extension

Stand with your feet shoulder-width apart, pointing straight forward. Pull your head and shoulders back, and roll your hips forward (into extension). Interlace your fingers and raise your hands to the sky, palms up. Your arms should be exactly over your head, completely stretched. Lean back slightly (looking at the back of your hands). For 30 seconds, stay in this posture.

#3 Standing Quad Stretch (This exercise stretches the muscles of the hip and repositions the pelvis)

1. Stand in front of wall or chair and with your back to a block or chair; your feet should be pointing straight ahead and hip width apart.
If needed, stand facing a chair or doorjamb which you can hold onto for support and balance.
2. Lift one foot and bend that leg back, placing the top of the foot on the chair/block. The height of the foot placement dictates the amount of stretch in the thigh muscles.
3. Keep your hips and shoulders square to the wall.
4. Look down and be sure that your knees remain pointed straight ahead and in line with each other.
5. The key is to make sure that the hip of your down leg is not jutting out to the side. You must keep your hips level.
6. Now, try to tilt your butt under.
7. Hold for 1 minute.
8. Switch legs and repeat.