Chairside Fitness…
Exercise in the Operatory.
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Posture-Break Exercises
Note: These activities should not cause undue pain or discomfort and are not meant as a substitute for a complete musculoskeletal assessment. If you have any questions about the appropriateness for you, please consult your physician.
The neck

Neck range of motion/neck glide

Diagram showing the range of motion and glide of the neck.
The shoulders

Shoulder stretches
The shoulders & elbows
The fingers/hands

- Wrist stretch 1
- Wrist stretch 2
- Finger Stretch
- Finger wiggle
- The rubberband
- Finger spread
The hips, knees & back
The ankles
The back

Hip stretch

Back stretch

Trunk twists
The Back
The Pelvic Clock
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If you think of any questions give me a call or drop me an email
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Thank you!!