



Dorset Physiotherapy Centre
 48 High West Street
 Dorchester, DT1 1UT

A whole body, equipment free, movement program to help home workers who find they are experiencing back pain. This is a general program and can't take the place of an individualised program. Some individuals may need to adapt some of the exercises to their needs and abilities. Some discomfort is normal after starting a new exercise program but if you experience significant discomfort on any of the exercise, just leave that one out and bring it back in it when you feel more comfortable with the other exercises.

Try this 3 times daily during your work day. Time it for when you have a break or work it into your schedule for the day. Try to do it before you start feeling symptoms.

1 Set / 20 Reps / 1 s hold



1. Squats

Squatting helps to strengthen the quadriceps muscle that is very important for many daily activities such as sitting down and standing up from a chair, walking and climbing stairs.

Stand upright with a chair behind you, and your arms out in front of you for balance.

Bend your knees, pushing your hips back behind you and leaning your body forwards, as though you are about to sit on the chair.

Come as close as you can to the chair without actually sitting on it and make sure that you do not feel unbalanced.

Be careful to keep your legs away from the back of the chair, so they don't press against it.

Stand back up, squeezing your buttock muscles to help with the movement.

Repeat the exercise, making sure you keep your back straight throughout.

1 Set / 40 Reps



2. Marching on spot with arms

Stand up straight.

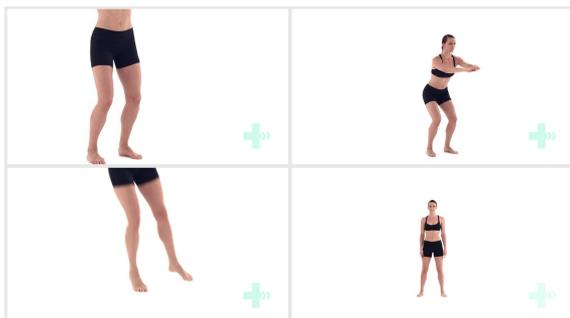
March on the spot by alternating lifting your knees up high.

Aim to have your knees as high as your hips.

As you lift one leg, raise the opposite arm into the air, then lower it as you lower your leg.

Aim to complete the movement slowly whilst maintaining balance on your standing leg.

1 Set / 20 Reps



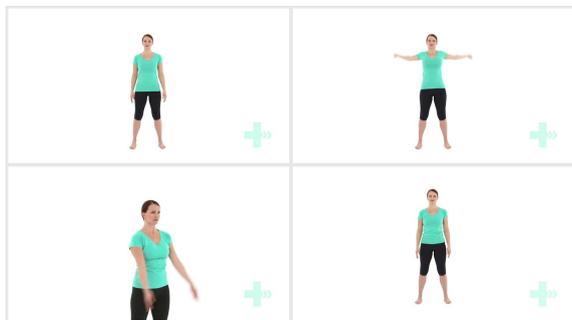
3. Multi-directional jump

Stand with your legs hip-width apart and your knees slightly bent with your feet pointing forwards.

Spring up high into the air, jumping forwards, and landing softly.

Repeat the movement but jumping backwards, first to one side and then the other. Your toes should be the first thing to land on the floor, followed by your heels, and a bend of your knees.

Try to not stand straight in between the jumps, keep a small squat in your knees.



4. Shoulder circles - fast

Stand up straight with your legs slightly wider than hips width apart and your arms by your side.

Keeping your back straight and your core strong, swing both arms back, up, forward and down.

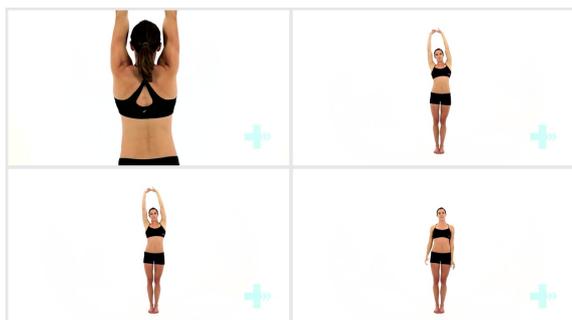
Move your arms at a rapid speed.

Picture moving each arm around the clock face.

Reverse the direction, moving your arms forwards, up, back and down.

Keep moving them at a rapid speed.

1 Set / 20 Reps / 1 s hold



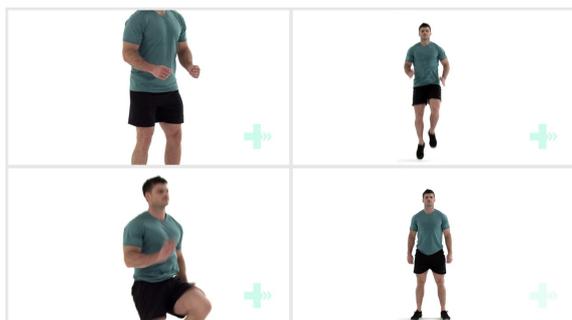
5. Standing overhead lat stretch

Stand with your arms up over your head, keeping them close to your ears.

Hold your hands together as you pull your shoulder blades down and back.

Holding this position, lean to one side, feeling the stretch down the other side of your torso.

1 Set / 1 Rep / 30 sec duration



6. Running in place

Stand in an athletic base position with your knees slightly bent, hips back, and arms bent slightly throughout the move.

Run in place by moving your feet up and down a couple of inches, with each step as quick as possible, allowing your arms to move rhythmically.

Continue for the prescribed amount of time.