



Ergonomics & Wellness

POSTURE PERFECTION

Postural awareness may take some work, but the benefits are undeniable. By preventing tech-neck, rounded shoulders, and a forward flexed spine, good posture keeps you aligned and comfortable.

Upon understanding the different muscles involved in good posture, you'll realize it's a full body effort.

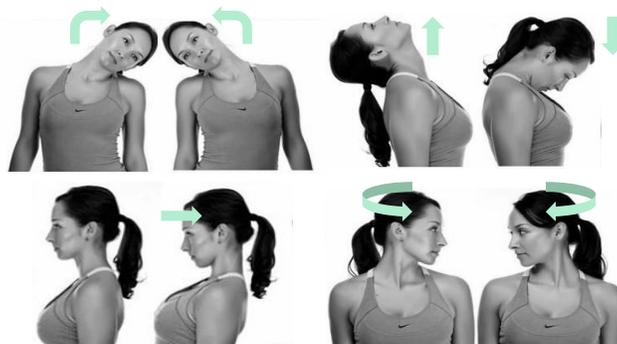
Neck

Lateral flexion (top left) Face forward and tilt your head as if you're trying to bring your ear down to your shoulder on each side.

Flexion & Extension (top right) Perform an exaggerated 'Yes' motion. Slowly extend the neck to look all the way up, and then flex the neck by bringing the chin to the chest.

Rotation (bottom right) Perform an exaggerated 'No' motion. Slowly turn your head as far as you can left to right.

Retraction (bottom left) Start in neutral and gently bring your chin inward – it looks unflattering but it's great for returning your head to neutral position and applying a light stretch to the back of your neck.



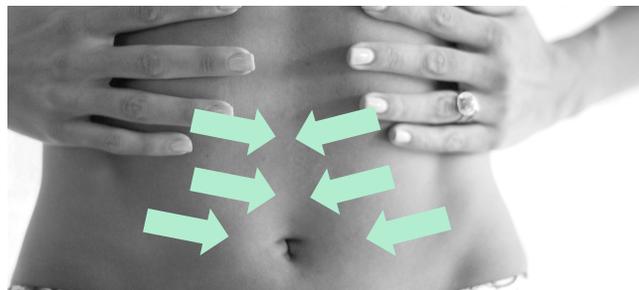
Scapulae

Squeeze your shoulder blades together and down for a count of 10 seconds and slowly release to feel the impact of this simple exercise on your upper back, shoulders, neck and chest. Engaging your scapulae **automatically pulls your shoulders back and broadens your collarbones to open your chest.** Practice this quick exercise at your desk to release tension and reset your posture several times a day while sitting or standing.



Abdominals

Engage the transverse abdominis by keeping your shoulders back in neutral, taking a deep inhale and upon the exhalation flex your abdominals to **feel the sensation of your 'ribs knitting together'**. Draw the belly button in and back and hold for a count of 10 seconds. Try this in sitting or standing position.



Pelvis

Develop awareness of your pelvic position with a simple cat-cow stretch. Starting on your hands and knees, tuck the tailbone under and round the spine upward into a flexed 'cat' position (posterior tilt). Release, then bring the pelvis through neutral position. Begin to tilt the pelvis forward with spine arched in extension to create a sway-back 'cow' position (anterior tilt). **Gently repeat a few times to feel how tilting the pelvis in each direction impacts the curves of your spine.**



Glutes

'Glute sets' involve the simple act of squeezing your cheeks.

Hold for a count of 5 seconds and release, repeating 10 times.

Engaging the gluteal muscles in standing helps position your pelvis in neutral and awakens muscles of the lower abdomen and legs.

