If you spend time at your desk hunched over your work, incorporating some regular posture drills can help relieve stress, maintain alignment and stretch the muscles that support your bones.

**Drill 1: Thoracic Extension**
Improves upper back mobility and improves posture.

1. Place your hands behind your neck and lengthen your spine.
2. Keeping your feet planted, inhale and stretch your upper back over the back of the chair.
3. Exhale and return to tall sitting posture.
4. Repeat 5-6 times.

**Drill 2: Pelvic Tilt**
Increases lower back mobility, activates pelvic floor & supports lower back vertebrae.

1. Sit with your pelvis at the back of your chair.
2. Inhale and lengthen your spine.
3. Exhale, tilt your pelvis & press your waistband to chairback.
4. Feel a stretch in the low back. Avoid collapse of upper back.
5. Repeat 5-6 times.

**Drill 3: Chest Stretch**
Promotes good posture, stretches pectoral muscles to protect upper back vertebrae & improve shoulder function.

1. Hold the backrest of the chair.
2. Roll your shoulders down & back.
3. Draw your shoulder blades together.
4. Lean forward, open the collar bones & stretch the front of your chest.
5. Breathe deeply 5-6 times.

**Drill 4: Hip Stretch**
Increases hip mobility & relieves lower back tension

1. Sit with L buttock off the edge of a chair.
2. Send L leg back with L knee pointed down & the heel directly over the ball of the foot.
3. Reach the leg back until you feel a stretch in the front of the L hip.
4. Keep the low belly drawn in to avoid arching the low back.