



# Desk Life Rescue Plan: Simple Movements to Undo Sitting Stiffness

Your Gentle Guide to Getting Started

## Why Sitting Makes Us So Stiff

When we sit for long periods, certain muscles get tight (like the hip flexors and chest) while others switch off (hello, glutes!). This imbalance can lead to sore backs, cranky shoulders, and even headaches.

The key is *little-and-often movement* – gentle resets that tell your body, “Hey, we still move!”

This guide will walk you through easy, office-friendly exercises to help you feel looser, more focused, and more comfortable in your body.

## Neck Rolls

**Why it helps:** Sitting for hours often means your neck is stuck in one position, leading to tightness and tension headaches.

### How to do it:

1. Sit or stand tall.
2. Slowly roll your head in a gentle semi-circle, from one shoulder to the other, first one direction, then the other.
3. Keep your shoulders relaxed and your movement slow and smooth.

*Try 3-5 slow rolls each way whenever your neck feels tight.*



Disclaimer: This guide is designed to give you simple movement ideas you can try through your day. It's general information only and doesn't replace personalised advice. If you have an injury, pain, or any medical concerns, check in with your doctor or an Accredited Exercise Physiologist before starting something new.

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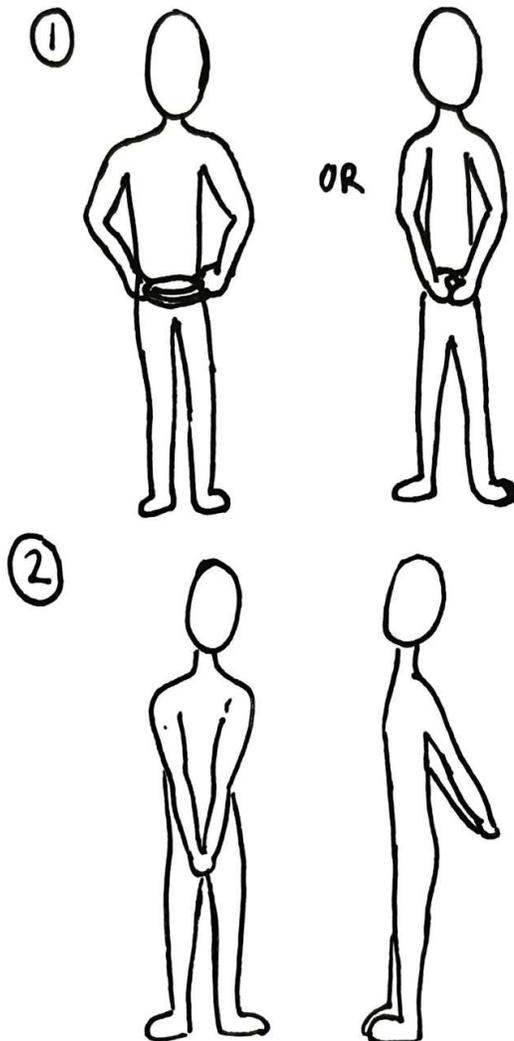
# Shoulder Openers

**Why is helps:** Hunching over your keyboard shortens the chest muscles and strains your upper back.

**How to do it:**

1. Interlace your fingers behind your back, or hold a towel between your hands if it is uncomfortable to reach hands together directly.
2. Straighten your arms as you gently open your chest and draw your shoulder blades together.
3. Hold for 10–20 seconds, breathing deeply.

*Repeat a few times a day.*



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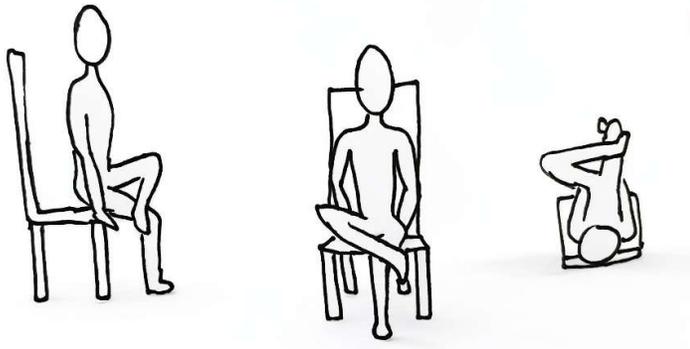
# Seated Glute Stretch

**Why it helps:** Tight hips and glutes can contribute to lower back pain, especially if you're sitting for long periods.

## How to do it:

1. Sit tall on the edge of your seat with both feet flat on the floor.
2. Cross one ankle over the opposite knee (like a figure 4).
3. Lean forward slightly until you feel a stretch in your glute.
4. Hold for 20–30 seconds, then switch sides.

*Great to do right at your desk – no need to get up.*



# Standing Hip Circles

**Why it helps:** Sitting for long stretches can make your hips feel tight and stiff – and that stiffness can sneak its way into your lower back. Standing hip circles gently loosen the muscles and joints around your hips and pelvis, improving blood flow and helping your body move more freely. They're also great for waking up your core and improving balance after hours at your desk.

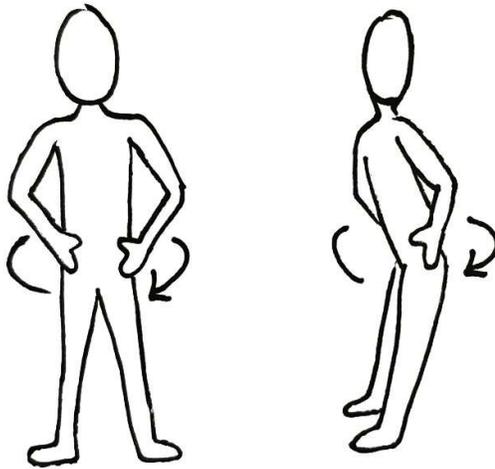
## How to do it:

1. Stand tall with your feet about hip-width apart.
2. Place your hands on your hips or lightly on a chair or desk for balance.
3. Slowly draw big circles with your hips – imagine tracing the edge of a hula hoop.
4. Move through the circle smoothly, going one direction for 5–10 reps, then switch.
5. Keep your upper body relaxed and your knees soft (not locked).

*Think of it as a mini dance break for your hips – gentle, rhythmic, and easy to do anytime you need to reset from sitting.*

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## Make it a habit

Set a reminder to move every hour, or tie movement to something you already do — like standing up to take a call or stretching before you open your next email. Small, consistent moments of movement throughout the day keep your body happier and less tense.

## Need a Little Extra Help?

If you're struggling with persistent stiffness or pain from sitting, an Exercise Physiologist can help design a simple, personalised plan to get your body feeling great again — even if your days are mostly spent at a desk.

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