

FASCIA REBALANCE PROTOCOL FOR THE OFFICE WORKER

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FRONT-DELT AND PEC-MAJOR

Arms stretch behind, middle of forearms rests on top of the backrest with the back of the hands faced down, lift chest up to stretch deeper.

TRAPEZIUS

Sit on one hand, use the opposite arm to pull the head to the side opposite direction to the seated hand, and relax the jaw.



HAMSTRING

Extend your leg and push down on the middle of the quadriceps with clasped hands, lean forward to stretch.

PALM FASCIA

Turn hands Upside Down tip of little finger height and all fingers pressed on table, palm faced away.



LATISSIMUS

Clasp your hands and stretch above your head with palms facing up.

PSOAS +TFL

Toenails facing the floor, slouch back and raise hip to form straight line from pelvis to knee



POSTURE

Lead with chest, use backrest only when back is tired, re-establish no use of backrest when recovered

Focus and relax muscle when stretched, stretch for a minimum of 10 seconds.