

BACK & SHOULDER CARE EXERCISES

INTRODUCTION:

Proper posture and strong back and shoulder muscles are important for maintaining overall health and well-being. Poor posture and weak muscles can lead to pain, discomfort, and a range of other health issues.

In this workshop, we will explore a variety of exercises that can help improve posture and strengthen the back and shoulders.



Topics to be covered:

- The importance of good posture and how to improve it
- The benefits of back and shoulder strengthening exercises
- Common muscles of the back and shoulders and their functions
- A variety of exercises to strengthen the back and shoulders, including body stretches, shoulder blade squeezes, back hyperextensions, and lower back targeting exercises
- Tips for proper form and techniques to avoid lower back pain
- How to incorporate back and shoulder care exercises into the work day.

Length: 60mins (presentation only), 90mins (includes practical exercises)

Delivery Option: Face-to-Face, Virtual

Conclusion:

In conclusion, maintaining strong back and shoulder muscles is important for overall health and well-being.

By incorporating a variety of back and shoulder strengthening exercises into their daily routines, attendees can improve their posture, lower susceptibility to back pain and other workplace-related musculoskeletal disorders, and support a healthy, active lifestyle.

