

from **HUNCHBACK** to **HUMAN**

Get Dr. Kelly Starrett's
Top 7 Ways To Relax Your
Shoulders, Open Your Hips,
And Reverse Pain From
"Desk Jockey" Posture ...
Using Nothing But Everyday
Household Items.

By Kelly Starrett, DPT &
The Ready State

**THE
READY
STATE™**

Home of MobilityWOD

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PROBLEMS CREATED BY DESK JOCKEY POSTURE

Hey friend, it's Dr. Kelly Starrett (but you can call me KStar). In case you're new here, I'm the author of the New York Times bestselling book *Becoming a Supple Leopard*. I also work with teams in the NFL, MLB, NHL, and NBA to help their athletes perform better and stay injury-free.

I don't only work with premier athletes, though. In fact, I spend most of my time trying to help the average person relieve pain and move better. But by testing my methods where the stakes are highest – pro sports – it proves they can help anyone.

Today, most people suffer from “desk jockey” posture. Because even if you work out, your training session only lasts a few hours (at most.) And most people spend virtually ALL their other time sitting down...



- Eating meals? **SITTING DOWN.**
- Driving (or taking an Uber)? **SITTING DOWN.**
- Riding a train or plane? **SITTING DOWN.**
- At the office or in school? **SITTING DOWN.**
- Watching TV or reading a book? **SITTING DOWN.**

You get the idea.

SPENDING SO MUCH TIME IN A SEATED POSITION CAUSES A LOT OF PROBLEMS FOR OUR BODY.

(I even co-wrote a Wall Street Journal bestselling book about them called *Deskbound*.) But in this guide, I'm going to focus on three of the biggest problems from prolonged sitting:

- Our hips become overly stiff in a seated position, which leads to poor spinal function and even pain.
- Our shoulders and upper back adopt a rounded, forward-flexed position. And it leads to poor shoulder function, the inability to take a full breath, and limited neck range of motion.
- Our lower-leg musculature becomes inactive. This causes less-than-ideal circulation, which leads to congested tissues and reduced performance.



That means, to fix the pain and stiffness that come from too much sitting, we need to restore your tissues and joints in these three areas. And I created this guide to help you do exactly that.

In the pages to come, you'll discover seven ways to relax your shoulders, open your hips, and revive your legs. (We call these mobility exercises "mobilizations.") And you can do them all using nothing but everyday household items, like your couch, a towel, and a t-shirt.

MAKE SURE YOU READ THE LAST SECTION OF THIS GUIDE, TOO. Because it tells you exactly how much time to spend on each exercise, plus how you should fit each one into your week.

Let's get started with three of my favorite **HIP MOBILIZATIONS**.



HIP MOBILIZATIONS

HIPS / COUCH STRETCH



1. On your hands and knees, back your feet up to a wall or couch.



2. Slide one leg back, driving your knee into the corner where the wall meets the floor and positioning your shin and foot flush against the wall.

3. Post up on your other leg, keeping the shin of your lead leg as vertical as possible. If you're unable to post up because you're too stiff, position a small box or chair in front of you for added stability.



4. Squeeze the glute of your rear leg and drive your hips toward the floor while maintaining a flat back. After hanging out in the previous position for a minute or longer, raise your torso into the upright position. **WATCH THE VIDEO.**



HIPS / ELEVATED PIGEON



1. Post your right foot on the left side of a box, sprawl your left leg back, and let your right knee drop to the side, positioning your lower right leg across the box. With your lower leg perpendicular to your body, post your left hand on your right foot, pinning it in place.

3. Turn toward your left and try to get your belly button over your foot.



2. Place your right hand on your right knee. To increase the stretch, flex forward with a level back. From here, apply the paper clip technique by oscillating in and out of end range, folding forward and pushing yourself up.

4. Keeping your left foot pinned, rotate toward your right, positioning your chest over your right knee. **WATCH THE VIDEO.**





1. Starting on your hands and knees, step one leg forward, keeping your lead shin vertical. Your back should be flat, your hips square, and your lead foot straight.

3. To emphasize hip external rotation range of motion, twist your upper body away from your leg. If you have the mobility, try pushing your lead knee outward. **WATCH THE VIDEO.**



2. Keeping your lead foot stapled to the floor, allow your lead knee to drop to the side. As you do this, actively drive your hips toward the ground. From here, imagine drawing small circles on the floor with your hips.

Now that you've seen three of my favorite hip mobilizations, let's look at a few for your **SHOULDERS**. They can help you reverse the rounding you get from too much sitting.



SHOULDER MOBILIZATIONS



1. Lying on your back, drive your heels into the floor, bridge your hips, and drive your shoulders to the backs of their sockets.



2. Maneuver your hands underneath your lower back.

3. To add a tension force, slowly drop your hips toward the floor and lower your back into your hands. From here, you can contract and relax as well as oscillate in and out of end-range tension. [WATCH THE VIDEO.](#)



It's important to avoid compensating into a forward-rolled position. Fight this force and control the tension.

SHOULDERS / SINK STRETCH



1. Position your arms behind your back with your palms down. Your hands should be slightly below shoulder height and your shoulders in a neutral position.



2. Keeping your hands pinned in place, and shoulders and posture neutral, lower your elevation to increase the tension. Duration: 2 minutes. [WATCH THE VIDEO](#).

To wrap up this guide, I'm going to share two mobilizations to help restore your **LEGS**. When you spend too much time sitting down, your lower-leg musculature becomes inactive. That leads to less-than-ideal circulation. And without good circulation, your leg muscles and tissues get stiff and tacked down. So these mobilizations will help you loosen them up again.



LEG MOBILIZATIONS

LEGS / HAMSTRING FLOSS



1. Lay on your back and hook your arm around the back of your knee. If you can reach your foot without sitting all the way up, grab the outside of your foot or hook your index and middle fingers around your big toe.

3. Scour around for tight corners by dropping your leg to the side. Wrap your fingers around your big toe or grab the outside of your foot. You can bend and straighten your leg in this position as well.



2. Keeping your back flush with the floor, straighten your leg while maintaining a strong grip around the back of your knee, not allowing your arm to move. From here, you can continue to floss by bending and straightening your leg, or contract and relax by resisting into your arms.

4. Keeping your hips flush with the ground, maneuver your leg toward the opposite side of your body. Again, from this position you can floss by bending and straightening your leg and contract and relax by resisting into your arm. **WATCH THE VIDEO.**





1. Kneel on the ground. Cross one leg over the other, positioning the shin or instep of your top leg across the calf of your bottom leg.



2. When you locate a tight area, slowly pressure wave your shin across your calf by seesawing back and forth over the muscle.

3. To add a compression force, sit your butt back and shift your body weight over your top leg. From here, you can continue to seesaw back and forth across your calf or employ the contract and relax method.



4. You can also perform this mobilization on a large pillow or place the instep of your bottom leg over a roller. **WATCH THE VIDEO.**



Now that you've seen all seven mobilizations, let me share how much time and how often to do each one for the best results.

THE TRUTH ABOUT LASTING CHANGE

It's time for some real talk about what it takes to have lasting change.

Because the seven mobilizations in this guide can do a lot to **REVERSE PAIN** and tightness from long days at a desk...

...But you actually have to do them.

FIRST, THE GOOD NEWS

The good news is that **you can see RESULTS** in as little as **10 minutes per day**. (And if you have the time, you can always spend more on the places that need the most help.)

So here's what I recommend...

Every day, PICK ONE MOBILIZATION and work on it for 10 minutes. (For exercises like the Hamstring Floss, which target one limb at a time, spend five minutes per side.)

During the week, rotate through each of the mobilizations once. (There are seven days and seven exercises, so that makes the math easy.)

SAMPLE WEEK

MONDAY >> Hips:
Couch Stretch

TUESDAY >> Shoulders:
Floor Internal Rotation

WEDNESDAY >> Legs:
Hamstring Floss

THURSDAY >> Hips:
Elevated Pigeon

FRIDAY >> Shoulders:
Sink Stretch

SATURDAY >> Legs:
Bone Saw

SUNDAY >> Hips:
Floor Hip Opener

In this example, I rotated through the hips, shoulders, and legs in consecutive days. **But you can split them up any way you want.** As long as you hit all seven mobilizations during the week, feel free to divide them however works best for you.



BALL



BAND



ROLLER

If you follow this program, I promise you will feel looser and experience less pain. But now I have to tell you some less-good news...

THE LESS GOOD NEWS

I made this guide to help as many people as I could fix the problems caused by sitting too much. I wanted it to work for anyone, even if they didn't have any gear or a gym membership.

But that means I had to limit myself to mobilizations you could do with household items. And it really restricted what I could show you...

Because returning your entire body to full function REQUIRES equipment.

It doesn't take a lot of equipment. But there are certain parts of your body you just can't address without some basic mobility gear.

So now you have to **MAKE A CHOICE**.

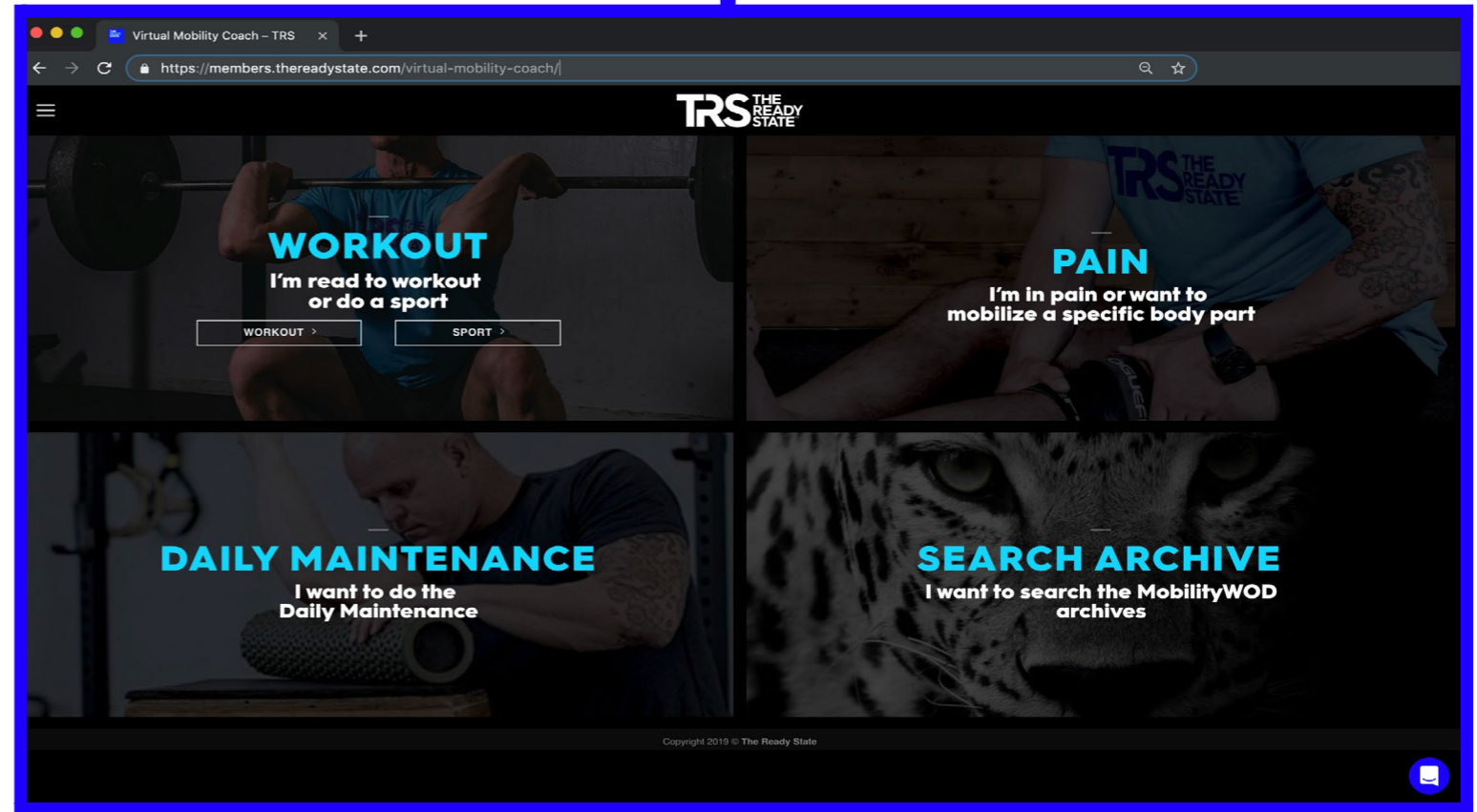
You can apply what you learned in this guide and fix the most common causes of pain and tightness related to sitting. And even if that's all you do, you'll feel way better than if you don't do anything.

But without gear, you'll have to settle for letting other parts of your body stay tight. And your progress may not be as fast without equipment, either.

So your other choice is to SIGN UP FOR A FREE TRIAL of our Virtual Mobility Coach membership.

It's like having a **VIRTUAL KELLY STARRETT** in your pocket to help you resolve pain and improve your mobility. **Virtual Mobility Coach** gives you guided mobilization videos customized for your body and lifestyle. (The mobilizations require equipment though, which I'll get back to in a moment.)

With **VIRTUAL MOBILITY COACH**, if you're in pain, you can view a diagram of the human body and click on what hurts. Then you'll get a "pain prescription" that I developed specifically for your issue.



You can also get **PERSONALIZED MOBILIZATIONS** based on your activity schedule. Choose either pre- or post-workout, then pick your sport, lift, or other exercise from a list of more than four dozen. We'll give you a guided pre- or post-activity mobilization for whatever you have on your schedule that day.

Last, we have a **DAILY MAINTENANCE** option for days when you're not in pain or training. You can follow our featured video of the day or choose your own from our library. Plus you can filter each video by length (10, 20, and 30 minutes) as well as the areas of the body they address.

Whichever path you choose, all you have to do is follow along with one of the videos. Then, 10-15 minutes later you'll be moving better (and hurting less). But like I said, most of the subscribers-only mobilizations need equipment. That's why, when you **SIGN UP FOR A FREE TRIAL** of **Virtual Mobility Coach**, you get our list of required and recommended gear.

The GEAR LIST breaks down the must-haves and the nice-to-haves. And it also helps you save money, since for most items we give you options at a few price points. Plus we include links to most of the gear options, so it's easy for you to find the right ones.

So sign up for a **FREE TRIAL OF VIRTUAL MOBILITY COACH** now. You'll get instant access to our daily videos and the complete mobilization archive...

...You'll get our time-and money-saving mobility gear list...

...And best of all, there's **NO RISK**. You have **NO OBLIGATION** to continue. Just cancel your subscription before your trial is over and you won't be charged a cent.

CLICK HERE to sign up for your free trial now, and I'll see you in the member's area.

Wishing you a supple future,

A handwritten signature in black ink, appearing to read 'KStar', with a horizontal line to the left of the 'K'.

-KStar

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