

Atlant Chiropractic – Desk Reset Routine

A 90-second mobility and posture refresh you can do right at your desk.

Why It Works

When you sit for long hours, your neck, shoulders, and mid-back lock up. Micro-movements and posture resets throughout the day can prevent stiffness, tension headaches, and poor breathing mechanics. Use this quick reset two or three times daily for better focus and posture.

Step-by-Step Desk Reset

- 1. Stand up and roll your shoulders backward 10 times. Shake out your arms to release tension.
- 2. Chin nods (tucks): Gently pull your chin straight back (not down) and hold for 3 seconds. Repeat 8–10 times.
- 3. Doorway pec stretch: Place your forearms on the door frame at 90°, step through slightly, and feel a gentle chest stretch for 30 seconds.
- 4. Seated T-spine rotations: Sit tall, cross your arms over your chest, and rotate your torso left and right (5–6 reps each side).
- 5. Breathing reset: Inhale through your nose for 4 seconds, exhale for 6 seconds. Repeat 6 breaths.

Bonus Tips

- Set a timer to remind you to move every 45–60 minutes.
- Hydrate — even mild dehydration makes muscles stiffer.
- Alternate sitting and standing if you have an adjustable desk.
- End your day with gentle shoulder rolls and a side stretch before bed.

Created by Aleksander Kanevsky, DC, CFMP
• Chiropractic • Functional Medicine •
<https://atlantchiropractic.com/>