

Desk- ercise Cheat Sheet

Dr. Ron Daulton, Jr.





Hi, I'm Dr. Ron Daulton, Jr.

I've been a chiropractor in Hammond, Indiana for the past 26 years, and I'm also the author of multiple books, including *Get Your Life Back: The Ultimate Guide to Healing a Herniated Disc*.

I created this PDF to help you protect your spine if you have to sit most of the day.

There are 2 sets of exercises in this cheat sheet.

Step 1 exercises are designed to help decompress your spine.

Do one of these exercises every 30-60 minutes (you can do different ones each time, or stick with what you enjoy and find helpful).

Step 2 exercises will engage your core.

Do one of these exercises 3 times per day.

Let's get started.

If You Need More Help...

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Step 1 Exercises

Do one exercise every 30-60 minutes to decompress your spine

Seated Spinal Twist

- Sit tall, place right hand on left knee
- Gently rotate torso left, hold 15-30 seconds
- Repeat on other side



If you aren't flexible enough to reach the back of the chair, try to reach far enough to place your hand on your opposite thigh.

Seated Cat-Cow Stretch

- Arch back and lift chest (cow), then round spine and tuck chin (cat)
- Slow, controlled movements for 8-10 reps



Overhead Reach & Side Bend

- Reach both arms overhead, then lean gently to one side
- Hold 15 seconds each side



Seated Forward Fold

- Sit forward in chair, let arms hang down toward floor
- Gentle stretch through entire spine, hold 20-30 seconds



Step 2 Exercises

Do one exercise 3 times per day to activate your core muscles

Chair Squats

- Sit then stand while keeping core tight and spine tall
- Repeat for 10-15 reps



Seated Sit Ups

- Hold the bottom of the chair for stability, extend your legs then bring both legs toward the chest
- Repeat for 10-15 reps



Seated Leg Extensions

- Straighten one leg, hold 3 seconds, lower slowly
- 8-10 reps each leg



Seated Mountain Climbers

- Hold the bottom of the chair for stability, lift one leg toward your chest then alternate with the other leg
- 10-15 reps on each side



This is an alternative if you need more of a challenge.