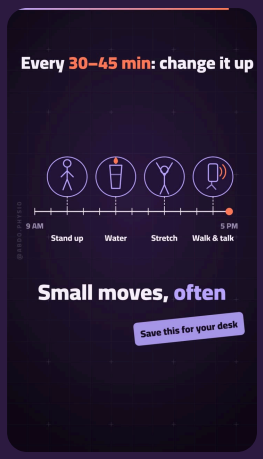
abdo•physio

FREE GUIDE

Forget perfect posture: move often

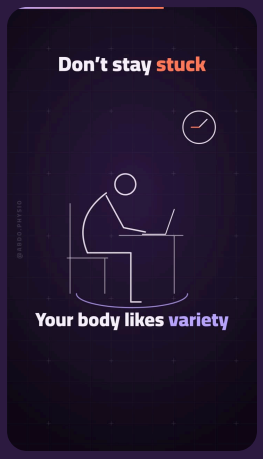
For anyone at a desk all day. Your best posture is your next one: small moves, often.



1 The desk reset

EVERY 30–45 MIN | 1–2 MINUTES

1. **Stand up.** Even a moment breaks the position.
2. **Grab some water**, or walk to talk to a colleague.
3. **Stretch** what feels stiff: arms overhead, shoulder rolls, gentle head turns.
4. **Take calls on your feet.**
5. Sit back down in a **different position**.



2 Make it a habit

- Set a **gentle timer** on your phone or computer.
- Tie it to things you do anyway: every call, every **water refill**.
- **Swap sitting positions**: lean back, lean forward, perch on the edge.
- No position is "wrong". **Staying stuck** in one for hours is the thing to avoid.

No exact number is proven. 30–45 minutes is a practical reminder, not a rule.

⚠ Get it checked if...

- **numbness** around your bottom or inner thighs, or new **bladder or bowel** problems (emergency)
- **sudden dizziness, double vision**, trouble speaking or swallowing (emergency)
- **weakness or numbness** in your arms or legs, or clumsy hands
- **fever**, past **cancer** or unexplained **weight loss**
- **constant pain** that no position or rest eases
- pain after a **fall**, or pain that keeps **getting worse**



@abdo.physio · abdophysio.com

Educational content only. Not a substitute for an in-person assessment by a physiotherapist or doctor. Stop any exercise that causes sharp or worsening pain. Text neck: Damasceno et al., Eur Spine J, 2018. Posture and back pain: Swain et al., J Biomech, 2020.