

- Exercise

There's a thing called the 'pandemic posture'

Thanks to WFH, we slouched mindlessly for hours. Here's how to fix your poor posture and relieve your muscles

HT City · 11 Feb 2021 · 04 · Vesna Jacob Disclaimer: The views expressed here are the author's personal.

Simple stretching exercises that you can do comfortably from your home can go a long way in improving your posture. Also take regular breaks from work to avoid straining your mind and body.



The last one year has been unprecedented in so many ways. It changed the way we go about many things, including work. It also left us slouching a bit more, thanks to working from home (read working from sofas, beds) for long hours. While we can't turn back the clock, we can improve our posture. The following exercises will help release tension from upper back and neck, sit and stand a bit straighter, be pain free.

Downward Dog

Known as Wall Downward Dog, it is excellent to release lower back pain. It stretches out the arms and ham strings, relieves tension in the neck and shoulders. Stand facing a wall, place your hands on it and push, elongating the spine while keeping your legs straight. Stay in this position for the count of 10. Take this further by stretching your arms up the wall, bringing your chest and head closer to the wall. Inhale and come down to the starting position.

Downward Dog with Rotation

Remain in the same starting position as that of the first stretch and rotate your upper body sideways, taking your hand up. Initiate the movement from the hips, rather than the shoulders, and come back to the starting position. Repeat three times on each side.

IT Band Stretch

Cross your legs, so that the out side leg is in front. In side arm is on the wall at shoulder height, and outside arm soft and in front of the body. As you exhale, take the arm up, over the head, towards the wall, creating the stretch on the side of your body. Inhale and get back to the starting position. Do this three to five times on each side.

Back straightener

Stand with your back to the wall, keeping it flat, and feet away from the wall in semi squat, with your hands in surrender position. Stretch out one arm towards the ceiling, making sure neither the shoulders nor the back come off the wall. Repeat this stretch 10 times on each side.