



# Posture *Power*

The Role of Desk Exercises  
in **Core** and **Glute** Health



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# Agenda



01 Why glute and core health matter



02 Brief overview of anatomy



03 Short-term and long-term effects on these muscle groups with prolonged sitting

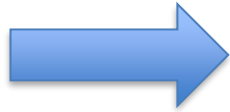


04 Simple and effective exercises to activate and feel these muscles throughout the day

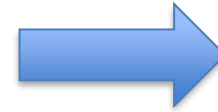


# Why Core and Glute Health Matters

Balance  
Stability  
Strength  
Endurance



Body mechanics  
and proper  
sequence of  
movements



Function of these  
muscle groups  
supports long-term  
health



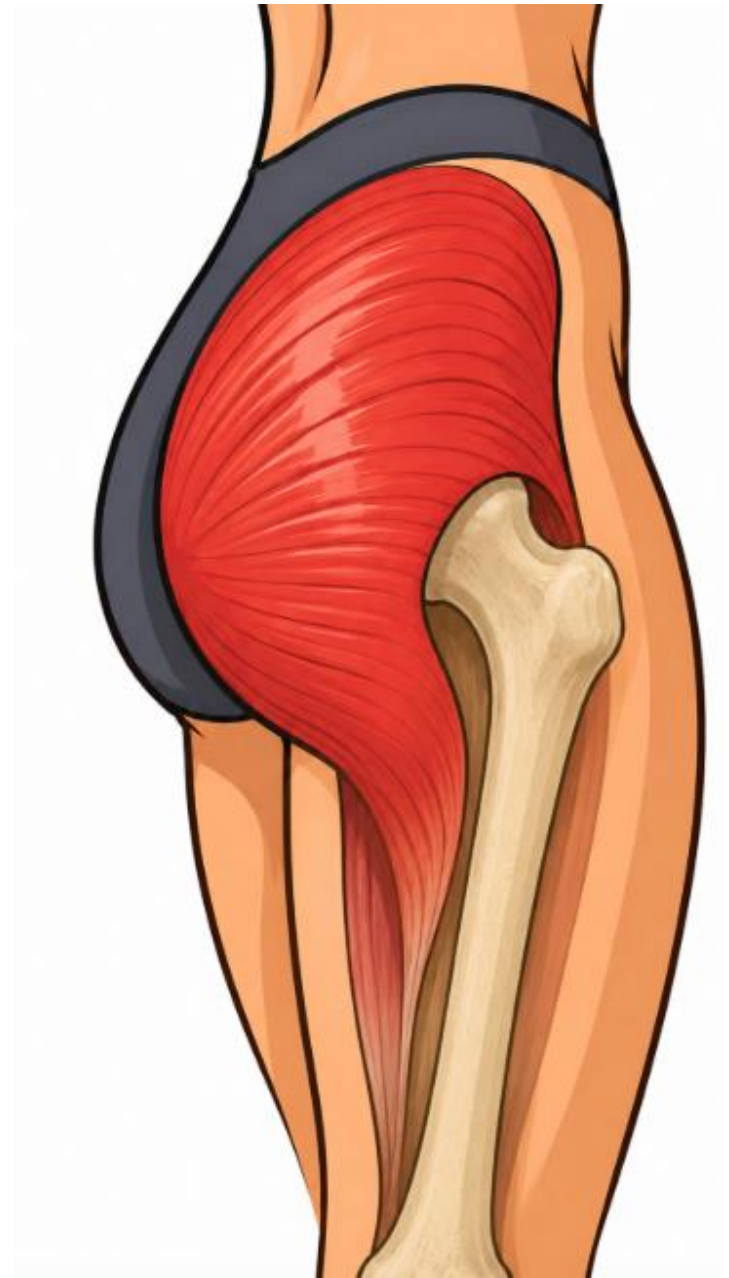
# Gluteus Maximus

**Function:** This powerful muscle is responsible for kicking your leg backwards.

- Walking
- Standing up tall
- Running
- Lifting items up from the floor



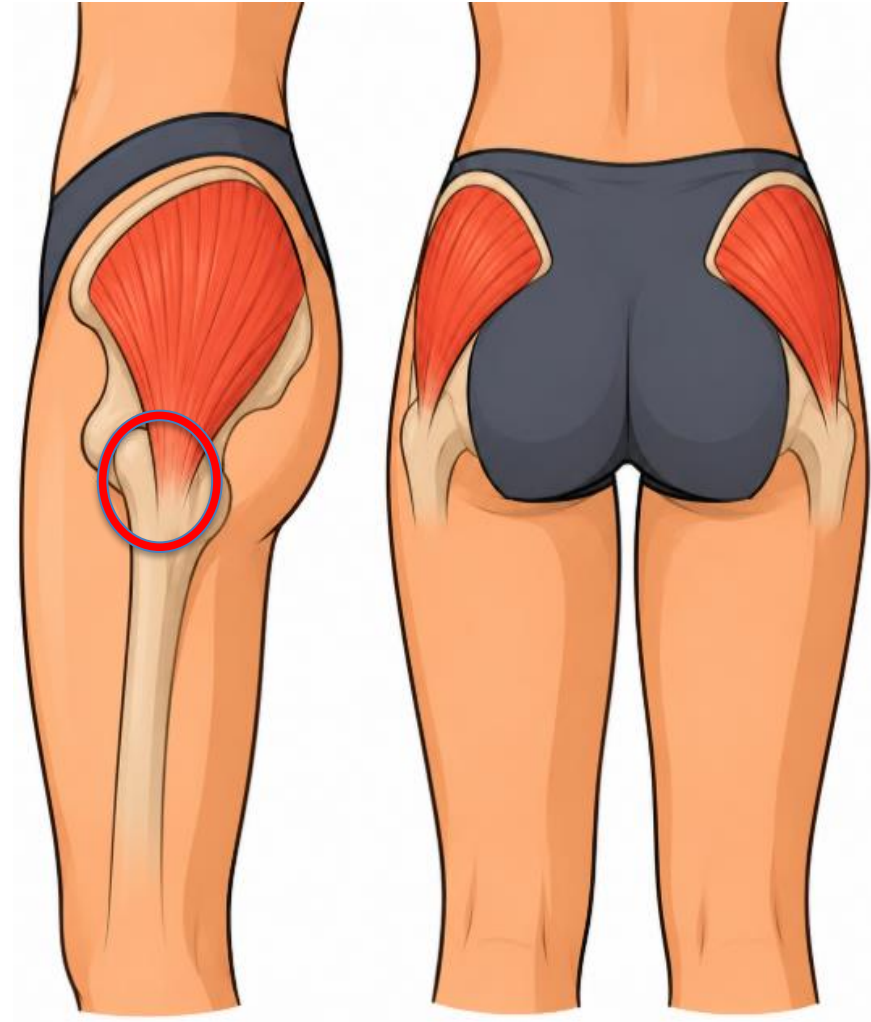
- Lower back injuries
- Gluteal Spasms



# Gluteus Medius

**Function:** Kicks the leg out to the side and helps maintain a stable, level pelvis during standing and movement.

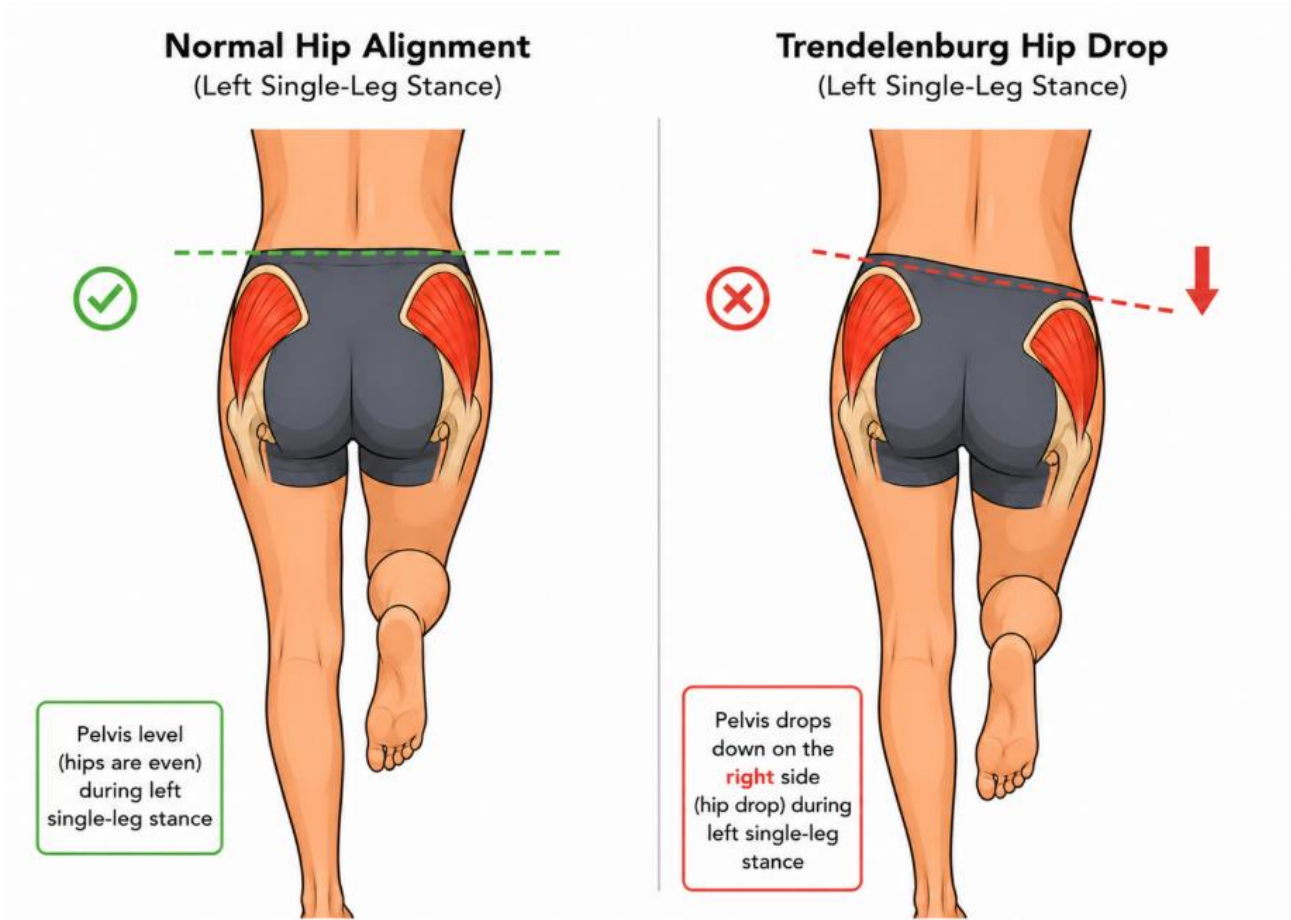
- Standing
- Walking
- Running
- Pushing or pulling left and right



- Bursitis
- Tendinitis (inflammation)
- Tendinosis (breakdown)
- Lower back injuries



# Gluteus Medius



Left-sided muscle dysfunction

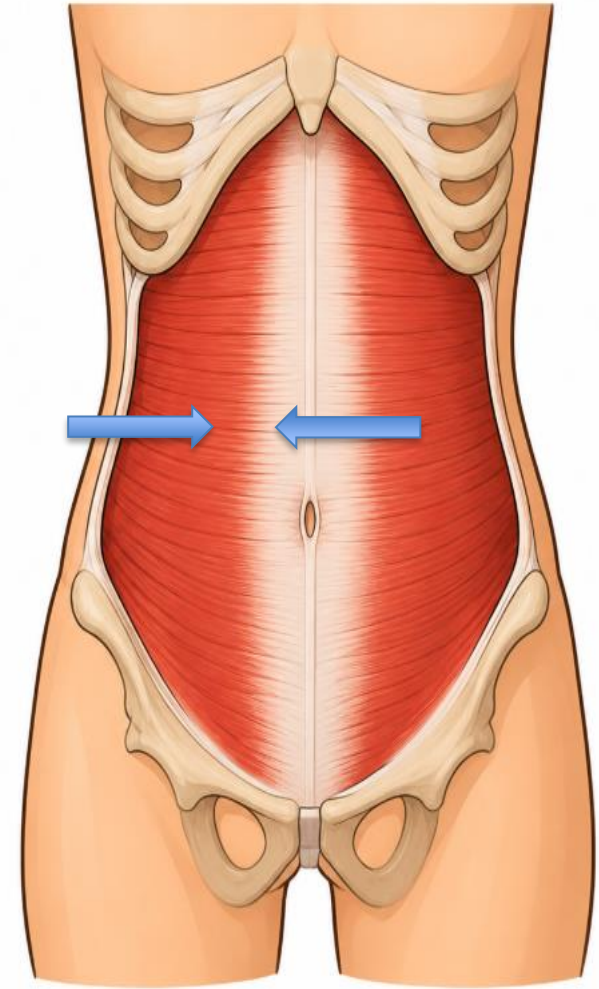
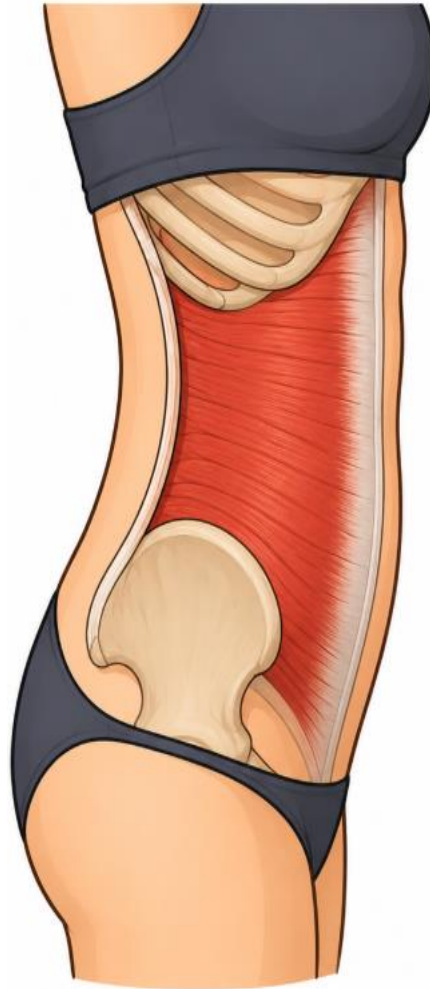
# Deep Abdominals

**Function:** Tightens around the trunk to stabilize and support the spine during movement.

- Twisting motions
- Carrying heavy objects
- Pushing and pulling tasks
- Helps regulate breathing to maintain internal pressure in your body



- Low back injuries
- SI joint pain
- Urinary Incontinence



# Changes With Prolonged Sitting

## Knee to torso approximation

- The gluteal muscles become stretched
- Long hours without contraction or any activation
- In the presence of gluteal bursitis or tendinitis, the muscles may get irritated when you initially stand up and walk

## Chronic Posture adaptations

- Rounded spine makes it harder to stand upright
- Makes it harder for your glutes to develop force through a full range of motion



# The Impact of Sitting All Day

Leads to disuse of these muscles when sedentary for long periods of time



- Minimizes output from the brain to activate these muscles
- Temporary reduction in circulation

Poor posture can lead to structural adaptations of the body over time



- Makes it harder for muscles to do their job!

# Solutions



**Standing  
Desks**



**Position  
Changes**



**Movement  
breaks**



**Desk  
Exercises**

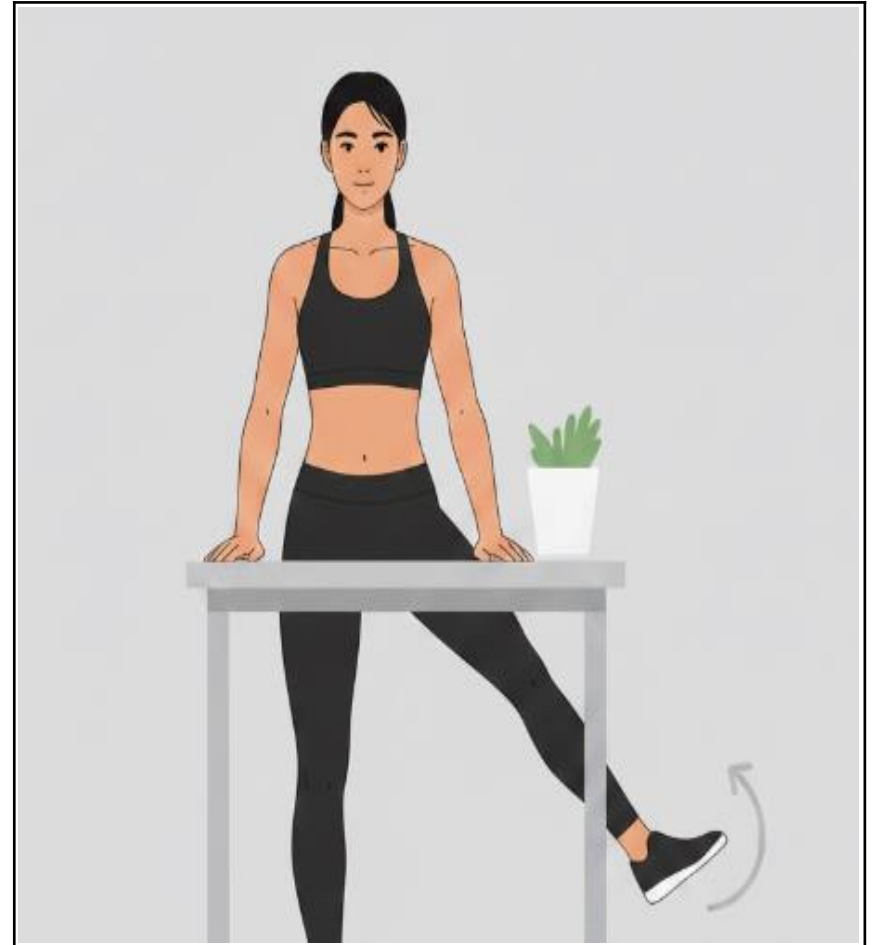
# Standing Hip Abduction

- Stand in front of your chair or desk for support
- Kick one leg out to the side and then lower it back to the starting point
- 15 repetitions on each leg



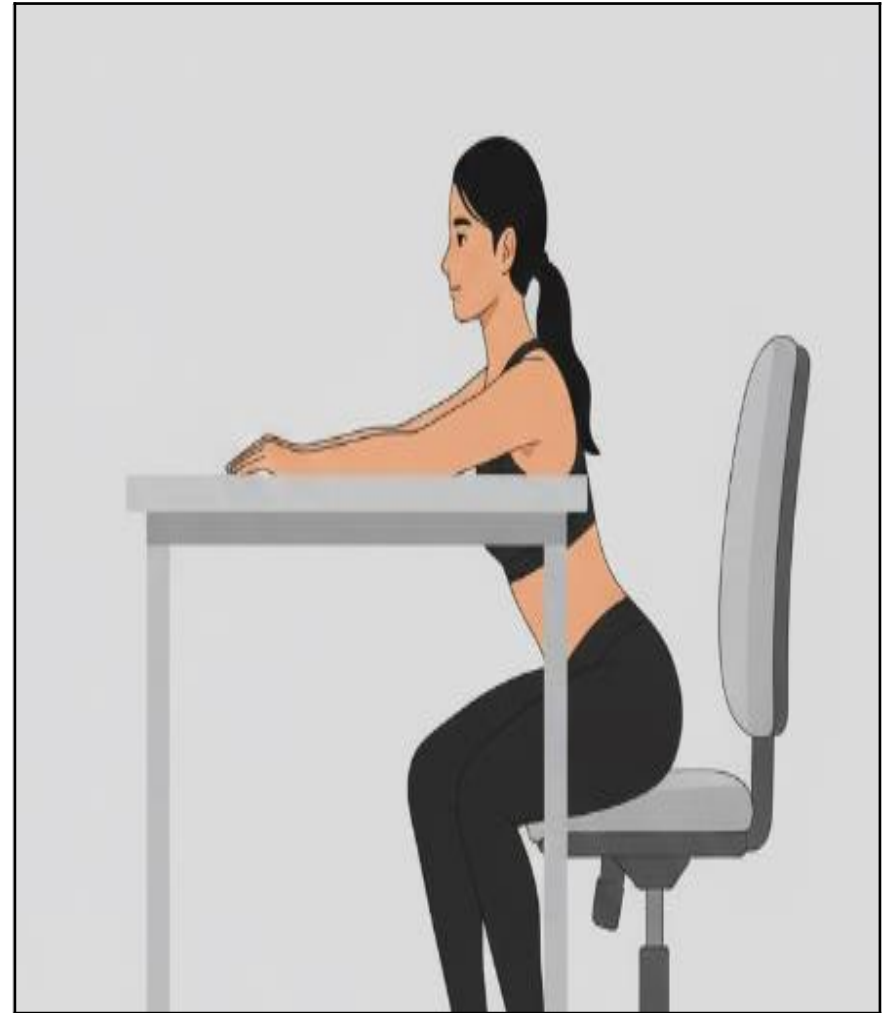
## Tips

- *Try to stand as tall as you can throughout the motion*
- *As you kick the leg out, think about keeping your waistline parallel to the floor*
- *Your foot should be pointing straight ahead the whole time*
- *You will feel muscle fatigue build up along the outer hips*



# Chair Squats

- Stand in front of your chair with your legs just in front of the seat
- Sit your hips and back and bend your knees to lower yourself to the chair
- Rise up to a tall standing position
- 10-15 repetitions



## Progressions

- *Sit to stands*
- *Chair squats*
- *Squats without a chair*

# Single Leg Balance

- Stand on one leg in front of your desk
- Try to maintain a tall and vertical stance, only using hand support if needed
- Hold for 30-60 seconds (or build up to that duration!)



## Tips

- *Look down at your foot if you find it too difficult*
- *Think about keeping your waist line parallel to the floor*



*Where do you feel fatigue when you do this?*

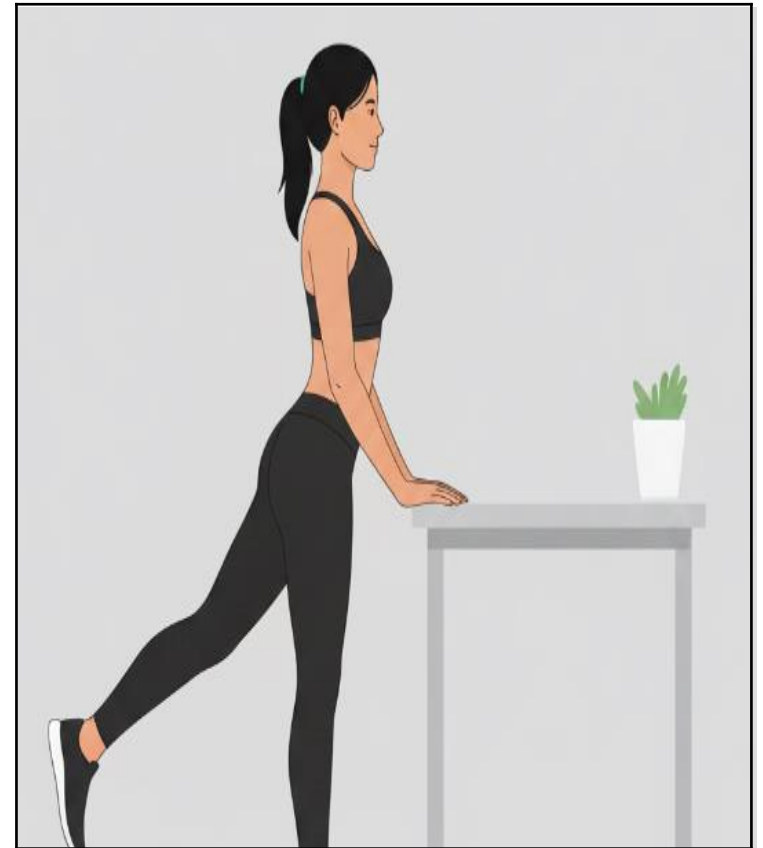
# Standing Hip Extension

- Stand in front of your chair or desk for gentle support
- Kick one leg backwards and then lower it back to the starting point
- 15 repetitions on each leg



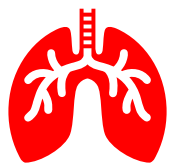
## Tips

- *Lean your trunk slightly forward for a more efficient kickback*
- *Feel the leg move in isolation*
- *You will feel muscle fatigue build up along the outer and rear hips*



# Deep Abdominal Bracing

- Sit up tall and inhale through your nose
- As you inhale you should feel your stomach expand
- Exhale through your mouth and feel the abdominals tighten up



## Tips

- *Gently interlock your fingers across your belly button*
- *As you inhale, your stomach should expand and slightly pull your fingers apart*
- *On the exhale, think about interlocking your hands again to mimic the action of your deep abdominals tightening up*



# Move More, Feel Better: All-Day Benefits

- Build better posture awareness
- Move joints through a full, healthy range
- Feel stronger and more energized
- Counter the effects of prolonged sitting
- Create sustainable daily movement habits

## Micro-movements add up throughout your day.



Posture awareness



Full range of motion



More energy



Less sitting strain

Make movement the default.

**Questions?**