

Practice Wellness



Therapeutic Massage

Roberta Kisebach, LMT

Presentations

(610) 304-5248

Bobbi@practice-wellness.com

Avoid Workplace Pain Exercises

Learning neutral body position and ergonomic principles is the first big step to conquering physical pain while sitting at your desk. Learning to strengthen and stretch those specific muscles most impacted by computer use will insure huge benefits in how you feel.

Learn which muscles are most affected and how to strengthen them. Practice this 20 minute sequence 2 to 3 times a week and that pain you used to feel at the end of the workday will be just a memory.

Learn a system of stretches which will alleviate pain and feel great while you do them.

Together we will learn and practice this easy exercise and stretching routine. You'll wonder why you ever lived with muscle pain!