

10 DAY CHALLENGE **WABE OFFICE**



In WabeOffice we use the Waber, which is a self-myofascial tool for releasing tension in the upper back and neck. It is common for muscles in these areas to tighten up when we, for example, are sitting in front of a computer and / or experiencing stress for longer period of times. Tension in these regions can, for example, cause tension headaches, impaired breathing capacity and poor posture.



WABEOFFICE COMMITMENT



I hereby promise myself that for ten days, implement the following twelve minute workout twice a day.

Signature: _____

Printed name: _____

Date: _____



WABEOFFICE TRAINING PROGRAM



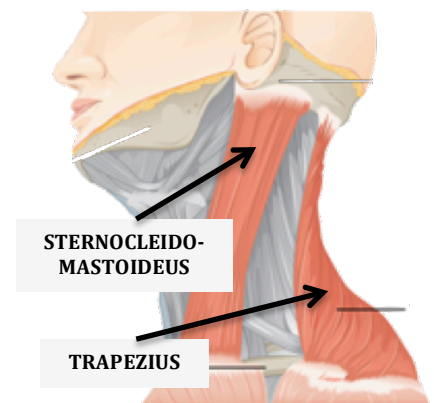
EXERCISE 1: THE MAGICAL SHOULDER ADJUSTER (3 min)

STEP 1: Put the Waber against a doorframe with the Waber placed at the same height as your navel.

STEP 2: Lean the top of your shoulder into the Waber to create pressure into the oblique neck muscles (sternocleidomastoid) and the trapezius muscle.

STEP 3: Place your hand on the lower back in order to increase the stretch (if you do the exercise on the right side, place your right hand on your back).

Do 90 seconds on each side. TIP! Put a timer on 90 seconds.



**EXERCISE 2: THE GREAT CHEST OPENER (5 min)**

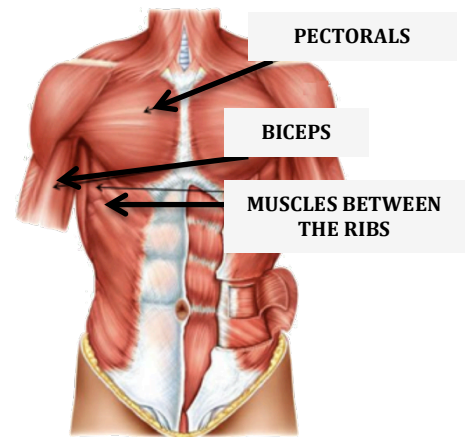
STEP 1: Place the Waber behind you on the floor.

STEP 2: Lay down with the Waber located between your shoulder blades.

STEP 3: Stretch your hand out to the side with your palms facing upwards.

If you are over extended your neck, use a pillow under your head.

This exercise will help you to release tension in your pectorals minor and major, the tissue between your ribs, and to some extend your biceps.



Do this exercise for 5 minutes. TIP! Close your eyes and focus on relaxing tense muscles every time you exhale.



**EXERCISE 3: THE COMFORTABLE NECK RELAXATOR (2 min)**

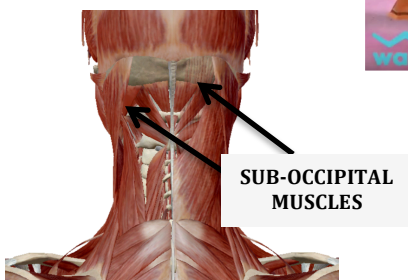
STEP 1: Turn the Waber around so that the bow is facing the ground.



STEP 2: Carefully lay down and place the two edges of the Waber right under the base of your skull.



STEP 3: Adjust your position till it feels comfortable and your head is hanging freely in the air.



Do this exercise for 2 minutes. If you do this exercise for too long in the beginning, it may feel like your neck is relaxing too much and as a result you may experience some pain. TIP: Test to turn your head in either direction to increase the pressure on each side.

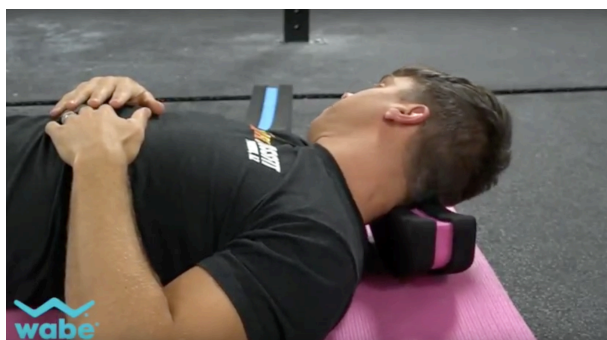
EXERCISE 4: THE SOFT NECK STRETCH (2 min)

STEP 1: Place the Waber so that you can roll your neck against the Waber.

STEP 2: Start by turning your head 1-2 inches at one side and then to the other side.

STEP 3: Gradually increase the range of motion by trying to turn your head a little further each time. Also pay attention to if one side is tighter than the other side.

STEP 4: When you can't go farther to any side, stay at one side for 10 – 20 seconds (preferable the side your experience as tightest). After that do the same to the other side.





WABEOFFICE SELF ASSESSMENT



To track your progress you will after each training session be able to undertake a self-assessment of the perceived level of discomfort and pain.

The self-assessment consists of a numerical scale in which pain intensity is graded by choosing a number from 1 (no pain) to 7 (worst pain imaginable). To facilitate the selection of graduation the numerical scale is also connected to a verbal descriptive scale where the pain is estimated using an adjective describing the intensity of the pain.

SELF-ASSESSMENT TABLE

1 = NONE

No pain or discomfort

2 = MILD

Some pain that can easily be overlooked

3 = MODERATE (UNPLEASANT)

Some pain as you certainly not can ignore from but that does not impair activities of daily life

4 = SEVERE (BOTHERSOME)

Pain that makes it more difficult to concentrate and perform more demanding tasks (common to use pain relieving)

5 = VERY BOTHERSOME

Pain that makes it more difficult to concentrate and perform even simple tasks (common to use pain relieving)

6 = TERRIBLE

Pain that is so severe that it is impossible to concentrate in usual activities or working tasks
(difficult to function without pain relieving)

7 = UNBEARABLE

Pain that is so severe that you can not stand it and instead you want to immediately seek medical or other assistance
(very difficult to function without pain relieving)



DAY 1 Assessment
SESSION 1

DAY 1 Assessment
SESSION 2

DAY 2 Assessment
SESSION 1

DAY 2 Assessment
SESSION 2

DAY 3 Assessment
SESSION 1

DAY 3 Assessment
SESSION 2

DAY 4 Assessment
SESSION 1

DAY 4 Assessment
SESSION 2

DAY 5 Assessment
SESSION 1

DAY 5 Assessment
SESSION 2



DAY 6 Assessment
SESSION 1

DAY 6 Assessment
SESSION 2

DAY 7 Assessment
SESSION 1

DAY 7 Assessment
SESSION 2

DAY 8 Assessment
SESSION 1

DAY 8 Assessment
SESSION 2

DAY 9 Assessment
SESSION 1

DAY 9 Assessment
SESSION 2

DAY 10 Assessment
SESSION 1

DAY 10 Assessment
SESSION 2