

# Deskbound Standing Up To A Sitting World

**Gary Tho**

Deskbound Kelly Starrett, Glen Cordoza, 2016-04-26 Sitting can wreak havoc on your health, and not just in the form of minor aches and pains. Recent studies show that too much sitting contributes to a host of diseases—from obesity and diabetes to cancer and depression. The typical seated office worker suffers from more musculoskeletal injuries than those workers who do daily manual labor. It turns out that sitting is as much an occupational risk as is lifting heavy weights on the job. The facts are in: sitting literally shortens your life. Your chair is your enemy, and it is murdering your body. In this groundbreaking new book, Dr. Kelly Starrett—renowned physical therapist and author of the New York Times and Wall Street Journal bestseller *Becoming a Supple Leopard*—unveils a detailed battle plan for surviving our chair-centric society. *Deskbound* provides creative solutions for reducing the amount of time you spend perched on your backside, as well as strategies for transforming your desk into a dynamic, active workstation that can improve your life. You will learn how to:

- Easily identify and fix toxic body positions
- Eradicate back, neck, and shoulder pain
- Mitigate carpal tunnel syndrome forever
- Organize and stabilize your spine and trunk
- Walk, hinge, squat, and carry with peak skill
- Perform daily body maintenance work using fourteen mobility templates for resolving pain and increasing range of motion

Whether your goal is to maximize your performance in or out of the workplace, lose weight, or simply live pain-free, *Deskbound* will work for you. It is a revolutionary cure for death-by-desk.

**Deskbound** Kelly Starrett, Juliet Starrett, Glen Cordoza, 2016-04-26 You'd better stand up for this bit of news. Sitting can wreak havoc on your health, and not just in the form of minor aches and pains. Recent studies show that too much sitting contributes to a host of diseases—from obesity and diabetes to cancer and depression—and literally shortens your life. The facts are in: your chair is your enemy, and it is murdering your body. In *Deskbound*, Dr. Kelly Starrett—physical therapist and author of the New York Times and Wall Street Journal bestselling book *Becoming a Supple Leopard*—unveils how your sedentary lifestyle is killing you and, more important, what you can do to change it. *Deskbound* offers a detailed battle plan for surviving the chair and reclaiming your birthright of mobility and freedom from pain. It provides creative solutions to reduce the amount of time you spend perched on your backside, as well as strategies for the workplace and school that will improve your productivity and your overall health. You will learn how to identify and fix poor posture while sitting and standing; how to prevent, treat, and resolve low back, neck, shoulder, and wrist pain; and avoid and reverse repetitive stress

injuries like carpal tunnel and tendonitis. Whether your goal is to maximize your performance in and out of the workplace or simply to live pain free, Deskbound is the blueprint. Dr. Starrett provides a revolutionary cure for desk-death.

Ready To Run Kelly Starrett, 2014-10-21 In a direct answer to the modern runner's needs, Dr. Kelly Starrett, author of the bestseller *Becoming a Supple Leopard: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance*, has focused his revolutionary movement and mobility philosophy on the injury-plagued world of running. Despite the promises of the growing minimalist-shoe industry and a rush of new ideas on how to transform running technique, more than three out of four runners suffer at least one injury per year. Although we may indeed be "Born to Run," life in the modern world has trashed and undercut dedicated runners wishing to transform their running. The harsh effects of too much sitting and too much time wearing the wrong shoes has left us shackled to lower back problems, chronic knee injuries, and debilitating foot pain. In this book, you will learn the 12 standards that will prepare your body for a lifetime of top-performance running. You won't just be prepared to run in a minimalist shoe—you'll be Ready to Run, period. In *Ready to Run*, you will learn: The 12 performance standards you must work toward and develop on an ongoing basis How to tap into all of your running potential and access a fountain of youth for lifelong running How to turn your weaknesses into strengths How to prevent chronic overuse injuries by building powerful injury-prevention habits into your day How to prepare your body for the demands of changing your running shoes and running technique How to treat pain and swelling with cutting-edge modalities and accelerate your recovery How to equip your home mobility gym A set of mobility exercises for restoring optimal function and range of motion to your joints and tissues How to run faster, run farther, and run better

**Becoming a Supple Leopard 2nd Edition** Kelly Starrett, Glen Cordoza, 2015-05-19 Improve your athletic performance, extend your athletic career, treat stiffness and achy joints, and prevent and rehabilitate injuries—all without having to seek out a coach, doctor, chiropractor, physical therapist, or massage therapist. In *Becoming a Supple Leopard*, Dr. Kelly Starrett—founder of MobilityWOD—shares his revolutionary approach to mobility and maintenance of the human body and teaches you how to hack your own movement, allowing you to live a healthier, more fulfilling life. This new edition of the New York Times and Wall Street Journal bestseller has been thoroughly revised to make it even easier to put to use. Want to truly understand the principles that guide human movement? *Becoming a Supple Leopard* lays out a blueprint for moving safely and effectively through life and sport. Want to learn how to apply those principles to specific movements, whether you are doing squats in the gym or picking up a bag of groceries? Hundreds of step-by-step photos show you not only how to perform a host of exercise movements, such as the squat, deadlift, pushup, kettlebell swing, clean, snatch, and muscle-up, but also how to correct the common faults associated with those movements. Frustrated because you can't perform a certain movement correctly due to range of motion restrictions? Breaking the body down into 14 distinct areas, Starrett demonstrates hundreds of mobilization techniques that will help you resolve restrictions and reclaim your mobility. Unsure how to put it all together

into a program that addresses your individual needs? This updated edition lays out dozens of prescriptions that allow you to hone in on a specific limitation, a nagging injury, or an exercise fault that you just can't seem to get right. It even offers a 14-day full-body mobility overhaul. Performance is what drives us as human beings, but dysfunctional movement patterns can bring the human body to an abrupt halt. Often, the factors that impede performance are invisible even to seasoned athletes and coaches. Becoming a Supple Leopard makes the invisible visible. Whether you are a professional athlete, a weekend warrior, or simply someone wanting to live healthy and free from physical restrictions, this one-of-a-kind training manual will teach you how to harness your athletic potential and maintain your body. Learn how to perform basic maintenance on your body, unlock your athletic potential, live pain-free...and become a Supple Leopard. This step-by-step guide to movement and mobility will show you how to:

- Move safely and efficiently in all situations
- Organize your spine and joints in optimal, stable positions
- Restore normal function to your joints and tissues
- Accelerate recovery after training sessions and competition
- Properly perform strength and conditioning movements like the squat, bench press, pushup, deadlift, clean, and snatch
- Build efficient, transferable movement patterns and skill progressions from simple to more advanced exercises
- Identify, diagnose, and correct inefficient movement patterns
- Treat and resolve common symptoms like low back pain, carpal tunnel, shoulder pain, and tennis elbow
- Prevent and rehabilitate common athletic injuries
- Use mobilization techniques to address short and stiff muscles, soft tissue and joint capsule restriction, motor control problems, and joint range of motion limitations
- Create personalized mobility prescriptions to improve movement efficiency

**Waterman 2.0** Kelly Starrett, 2018-09-05 The goal of any waterman or woman is to surf, paddle or row as often as they can, as well as they can, for the rest of their life. The trouble is that few understand how to get the most from their body and when they can't, what to do about it outside of the usual layoffs, surgeries and cortisone injections. As one veteran paddler recently put it: Ibuprofen is my second religion. There is a better way. Using insights gleaned from his experiences on the whitewater canoe and rafting national teams and improving the performance and wellbeing of the world's top athletes, Dr. Kelly Starrett has created nothing short of a movement manifesto for the water athlete. Equally applicable to the pro waterman, novice and everyone in between, Waterman 2.0 gives paddlers, surfers and rowers of all ages and abilities a one-stop guide to understanding: Basic movement baselines for optimal and sustainable performance on and off the water How to identify and fix weakest links, and become faster, stronger and more resilient Mobility techniques to help prevent, assess and address soft tissue, joint and sliding surface issues Common errors that lead to pain and performance limitations Corrective strategies that enhance movement patterns and unlock more speed and endurance Lifestyle adaptations that enable better preparation, training and racing Tactics for more effective recovery, hydration and sleep Waterman 2.0 also features unique insights and tips from more than 30 of the world's top watermen and women, including Laird Hamilton, Kai Lenny, Emily Jackson-Troutman and Paige Alms. This book is the start of a revolution in water sports performance. Are you ready to

become Waterman 2.0?

**Athletic Body in Balance** Gray Cook, 2003-05-05 Great athletes make difficult moves look effortless with a combination of skill, strength, and balance. Traditional conditioning builds a fitness base, but modern sports training takes into account athletic movement patterns. Athletic Body in Balance is the first guide of its kind to show you how to train for smooth, fluid movement and prevent muscle imbalances, mobility restrictions, stability problems, and injuries. Physical therapist and sports conditioning expert Gray Cook has proven the effectiveness of his approach through the performances of athletes in the NFL, NBA, NHL, WNBA, and Reebok® University's sports training system. Cook's methods will help you identify functional weaknesses; correct imbalances; explore your potential; and refine sport-specific movement skills such as jumping, kicking, cutting, and turning. You will see where conditioning is breaking down and how to get your body back on track. Whereas other books concentrate on maximizing your strengths, Athletic Body in Balance focuses on exposing and overcoming your weaknesses to form a foundation for long-term training gains. Learn how to maintain what you gain and build on your improvements. Make this comprehensive assessment tool your training guide. Prepare and repair your body for ultimate athletic performance with Athletic Body in Balance.

**Management of Neck Pain Disorders E-Book** Gwendolen Jull, Deborah Falla, Julia Treleaven, Shaun O'Leary, 2018-07-25 Written by world renowned researchers and clinicians in the field, Management of Neck Pain Disorders provides a comprehensive insight into the nature of neck pain disorders within a biopsychosocial context to inform clinical reasoning in the management of persons with neck pain. Emphasising a patient centred approach, this book practically applies knowledge from research to inform patient assessment and management. It also provides practical information and illustrations to assist clinicians to develop treatment programs with and for their patients with neck pain. Current issues and debates in the field of neck pain disorders Research informing best practice assessment and management Biological, psychological and social features which need to be considered when assessing and developing a management program with the patient A multimodal conservative management approach, which addresses the presenting episode of pain as well as rehabilitation strategies towards prevention of recurrent episodes

*The Pain-Free Desk Warrior* Gary Tho, Feeling old? Always tired? Suffering from neck and back aches? Tried everything and nothing helps? You're not alone. "Desk Warriors" all over today's modern world suffer from the same problem. Busy work schedules, technology and sedentary lifestyles cause a huge portion of the general public to struggle with headaches, neck and back pain, low energy levels, mood swings and poor performance. The worst part of all? They think it's normal. I'm here to tell you it's not. If you are suffering from body aches and pain, this book is for you. If you've read every health book, tried every approach and found yourself losing hope and confidence in finding a solution, read this book. I've brought together over a decade's worth of health adjustment experience in helping people to overcome pain (permanently) to create

the 6-step approach outlined in this book. No mysteries, no gimmicks; just a straightforward and practical guide to understanding the truth about pain and how you can get out of it. Specifically written for busy business owners, corporate professionals and executives to get out and STAY OUT of pain so you can work hard, play hard and leave fatigue and illness behind.

Be Distinct (2 Kings & 2 Chronicles) Warren W. Wiersbe, 2010-11-01 God's people were never meant to blend in. Instead, we're called to stand out from the crowd, and become a beacon of hope. But nothing dims our light more than conformity, when voices that once proclaimed truth begin to quietly yield to a noisy world. Based on the books of 2 Kings and 2 Chronicles, this study offers an eye-opening look at the high price of conformity, and shares how we can stay distinct from our surroundings. Part of Dr. Warren W. Wiersbe's best-selling "BE" commentary series, BE Distinct has now been updated with study questions and a new introduction by Ken Baugh. A respected pastor and Bible teacher, Dr. Wiersbe examines how we can be salt and light to a world in desperate need of truth. You'll be encouraged to embrace your unique identity in Christ, and be challenged to rise above the world around you.

**Overcoming Poor Posture** Steven Low, 2017-12 Written by two physical therapists who have worked with thousands of people around the world, Overcoming Poor Posture is based on one simple idea: there is no such thing as perfect posture. No two bodies are alike, and we'll teach you how to find your own best alignment so you can live each day in health and comfort while performing your best in all the activities that matter to you. Instead of a painful issue to fix, you'll learn to think of your postural alignment as a dynamic component of how you sit, stand, and move in your body.

World War Z Max Brooks, 2013 An account of the decade-long conflict between humankind and hordes of the predatory undead is told from the perspective of dozens of survivors who describe in their own words the epic human battle for survival, in a novel that is the basis for the June 2013 film starring Brad Pitt. Reissue. Movie Tie-In.

**Profit from the Positive: Proven Leadership Strategies to Boost Productivity and Transform Your Business, with a foreword by Tom Rath** DIGITAL AUDIO Margaret H. Greenberg, Senia Maymin, 2013-08-02 You're constantly challenged to grow your business, increase productivity, and improve quality—all while reducing or keeping budgets flat. So what's a manager to do? You've streamlined processes. You've restructured. You've sought customer and employee feedback. You've tried everything. Now, try something that works. Profit from the Positive is a practical, groundbreaking guide for business leaders, managers, executive coaches, and human resource professionals. Whether you lead three employees or 3,000, this book shows you how to increase productivity, collaboration, and profitability using the simple yet powerful tools from the new field of Positive Psychology. Featuring case studies of some of the most forward-thinking and successful companies today—Google, Zappos, and Amazon, to name a few—Profit from the Positive provides over two dozen evidence-based tools you can apply immediately. Learn how to: Set habits, not just goals Recognize the Achoo! effect Stop asking the

wrong questions Hire for what's not on the resume Turn strengths into a team sport Preview, don't just review, performance The best part? These strategies don't cost a dime to implement! Trained by Dr. Martin Seligman, who is known as the father of Positive Psychology, Margaret Greenberg and Senia Maymin translate the scientific research and make it accessible to the business world.

**Draw Longer, Draw Stronger** Kriota Willberg,2018-04 Understand repetitive drawing injuries from the perspective of a committed drawer: explore R.I.C.E. Therapy, avoid worsening your injuries, preventive tips, and more!

The Long Field Pamela Petro,2023-08-15 For readers of *H Is for Hawk*, an intimate memoir of belonging and loss and a mesmerizing travelogue through the landscapes and language of Wales *Hiraeth* is a Welsh word that's famously hard to translate. Literally, it can mean long field but generally translates into English, inadequately, as homesickness. At heart, *hiraeth* suggests something like a bone-deep longing for an irretrievable place, person, or time—an acute awareness of the presence of absence. In *The Long Field*, Pamela Petro braids essential *hiraeth* stories of Wales with tales from her own life—as an American who found an ancient home in Wales, as a gay woman, as the survivor of a terrible AMTRAK train crash, and as the daughter of a parent with dementia. Through the pull and tangle of these stories and her travels throughout Wales, *hiraeth* takes on radical new meanings. There is traditional *hiraeth* of place and home, but also queer *hiraeth*; and *hiraeth* triggered by technology, immigration, ecological crises, and our new divisive politics. On this journey, the notion begins to morph from a uniquely Welsh experience to a universal human condition, from deep longing to the creative responses to loss that Petro sees as the genius of Welsh culture. It becomes a tool to understand ourselves in our time. A finalist for the Wales Book of the Year Award and named to the Telegraph's and Financial Times's Top 10 lists for travel writing, *The Long Field* is an unforgettable exploration of “the hidden contours of the human heart.”

**The Pale King** David Foster Wallace,2011-04-15 The breathtakingly brilliant novel by the author of *Infinite Jest* (New York Times) is a deeply compelling and satisfying story, as hilarious and fearless and original as anything Wallace ever wrote. The agents at the IRS Regional Examination Center in Peoria, Illinois, appear ordinary enough to newly arrived trainee David Foster Wallace. But as he immerses himself in a routine so tedious and repetitive that new employees receive boredom-survival training, he learns of the extraordinary variety of personalities drawn to this strange calling. And he has arrived at a moment when forces within the IRS are plotting to eliminate even what little humanity and dignity the work still has. *The Pale King* remained unfinished at the time of David Foster Wallace's death, but it is a deeply compelling and satisfying novel, hilarious and fearless and as original as anything Wallace ever undertook. It grapples directly with ultimate questions -- questions of life's meaning and of the value of work and society -- through characters imagined with the interior force and generosity that were Wallace's unique gifts. Along the way it suggests a new idea of heroism and commands infinite respect for one of the most daring writers of our time. *The Pale King* is by turns funny, shrewd, suspenseful, piercing, smart,

terrifying, and rousing. --Laura Miller, Salon

*Double Cross* Ben Macintyre, 2012-03-27 D-Dag var ikke kun et resultat af synlige militære operationer, men også i høj grad af efterretningsvæsen og dobbeltagenter

*The Miracle Pill* Peter Walker, 2021-01-21 'This book is pretty life-changing - encouraging, optimistic, rich with information. It got me off the sofa.' Jeremy Vine 'This is such a lovely, ambitious, fascinating book. Essential lockdown reading. It allows us to reimagine our world and our bodies: we can move more.' Dr Xand van Tulleken, TV presenter 'Truly uplifting' Chris Boardman What is the 'miracle pill', the simple lifestyle change with such enormous health benefits that, if it was turned into a drug, would be the most valuable drug in the world? The answer is movement and the good news is that it's free, easy and available to everyone. Four in ten British adults, and 80% of children, are so sedentary they don't meet even the minimum recommended levels for movement. What's going on? The answer is simple: activity became exercise. What for centuries was universal and everyday has become the fetishised pursuit of a minority, whether the superhuman feats of elite athletes, or a chore slotted into busy schedules. Yes, most people know physical activity is good for us. And yet 1.5 billion people around the world are so inactive they are at greater risk of everything from heart disease to diabetes, cancer, arthritis and depression, even dementia. Sedentary living now kills more people than obesity, despite receiving much less attention, and is causing a pandemic of chronic ill health many experts predict could soon bankrupt the NHS. How did we get here? Daily, constant exertion was an integral part of humanity for millennia, but in just a few decades movement was virtually designed out of people's lives through transformed workplaces, the dominance of the car, and a built environment which encourages people to be static. In a world now also infiltrated by ubiquitous screens, app-summoned taxis and shopping delivered to your door, it can be shocking to realise exactly how sedentary many of us are. A recent study found almost half of middle-aged English people don't walk continuously for ten minutes or more in an average month. At current trends, scientists forecast, the average US adult will expend little more energy in an average week than someone who spent all their time in bed. This book is a chronicle of this very modern and largely unexplored catastrophe, and the story of the people trying to turn it around. Through interviews with experts in various fields - doctors, scientists, architects and politicians - Peter Walker explores how to bring more movement into the modern world and, most importantly, into your life. Forget the gym, introducing quick and easy lifestyle changes can slow down the ageing process and even reverse many illnesses and increase mental wellbeing.

**Rebuilding Milo** Aaron Horschig, Kevin Sonthana, 2021-01-19 Every athlete who spends time in the weight room eventually deals with pain/injury that leaves them frustrated and unable to reach their highest potential. Every athlete ought to have the ability to take the first steps at addressing these minor injuries. They shouldn't have to wait weeks for a doctor's appointment, only to be prescribed pain medications and told to "take two weeks off lifting" or, even worse, to "stop lifting so

heavy.” Dr. Aaron Horschig knows your pain and frustration. He’s been there. For over a decade, Dr. Horschig has been a competitive weightlifter, and he understands how discouraging it is to tweak your back three weeks out from a huge weightlifting competition, to have knee pain limit your ability to squat heavy for weeks, and to suffer from chronic shoulder issues that keep you from reaching your goals. Rebuilding Milo is the culmination of Dr. Horschig’s life’s work as a sports physical therapist, certified strength and conditioning specialist, and Olympic weightlifting coach. It contains all of the knowledge he has amassed over the past decade while helping some of the best athletes in the world. Now he wants to share that knowledge with you. This book, designed by a strength athlete for anyone who spends time in the weight room, is the solution to your struggles with injury and pain. It walks you through simple tests and screens to uncover the movement problem at the root of your pain. After discovering the cause of your injury, you’ll be able to create an individualized rehab program as laid out in this book. Finally, you’ll be on the right path to eliminate your pain and return to the activities you love.

**Dynamic Aging** Katy Bowman,Joan Virginia Allen,Shelah M. Wilgus,Lora Woods,Joyce Faber,2017 What if your pain and lack of mobility aren't due to your age, but your habits? What if changing how you move can change how you feel, no matter your age? Dynamic Aging is an exercise guide to restoring movement. This book: Is geared to a 50+ audience and anyone looking to improve basic whole-body mobility, Includes exercises and postural adjustments that require no special equipment and include modifications for all fitness levels, Will help you move and feel better, Alongside biomechanist and movement teacher Katy Bowman's instructions are the experiences of four women over seventy-five who have used these principles and exercises for years. They've found recommended surgeries unnecessary and regained strength and mobility, and they move more than they did a decade ago. From hiking in the mountains to climbing ladders and walking on cobblestones with ease, each of these women embodies the book's message: No matter where you're starting, if you change how you move, you can change how you feel. Book jacket.

**The One Man** Andrew Gross,2016-08-23 “As moving as it is gripping. A winner on all fronts.”—Booklist (starred review) “Heart-pounding...This is Gross’s best work yet, with his heart and soul imprinted on every page.”—Kirkus Reviews (starred review) Poland. 1944. Alfred Mendl and his family are brought on a crowded train to a Nazi concentration camp after being caught trying to flee Paris with forged papers. His family is torn away from him on arrival, his life’s work burned before his eyes. To the guards, he is just another prisoner, but in fact Mendl—a renowned physicist—holds knowledge that only two people in the world possess. And the other is already at work for the Nazi war machine. Four thousand miles away, in Washington, DC, Intelligence lieutenant Nathan Blum routinely decodes messages from occupied Poland. Having escaped the Krakow ghetto as a teenager after the Nazis executed his family, Nathan longs to do more for his new country in the war. But never did he expect the proposal he receives from “Wild” Bill Donovan, head of the OSS: to sneak into the most guarded



place on earth, a living hell, on a mission to find and escape with one man, the one man the Allies believe can ensure them victory in the war. Bursting with compelling characters and tense story lines, this historical thriller from New York Times bestseller Andrew Gross is a deeply affecting, unputdownable series of twists and turns through a landscape at times horrifyingly familiar but still completely new and compelling.

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## **Deskbound Standing Up To A Sitting World**

### **Introduction**

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