

Welcome to your Workout of the Week! Folsom Physical Therapy will demonstrate this month's exercises.

Justin Luz, Senior Physical Therapist, and Tiffany Yu, Senior Physical Therapist, will go over exercises they feel are essential in the workplace.

Justin has been a Physical Therapist for 5 years and has been with Kaiser Permanente for 4 years. He loves to lift weights, mountain bike, and play in-door soccer. In his spare time, he enjoys spending time with his 3 sons.

Tiffany has been a Physical Therapist for 10 years and has been with Kaiser Permanente for 4 years. She loves exercising and has recently developed a passion for bodyweight, mobility, and calisthenic exercises.

Exercise: Seated Thoracic Lumbar Extension

How to perform:

- **Setup:** Begin in a sitting upright position with your arms crossed over your chest.
- **Movement:** Slowly arch your trunk backwards and hold, then return to an upright position and repeat.
- **Tip:** Keep your movements slow and controlled. Do not move through pain.

Duration: Perform 1 set for 5 reps (5-sec hold) for 3x per day.

