

Exercise plan:  
**Posture**

Patient:  
**Physio Specialists Ltd**

Date:  
**12th May 2020**

## Improving Neck Hyperlordosis 1



© rehabmypatient.com

Lying on your back, use a pillow to support your head, and place a rolled up towel (of approximately 4 inches/10cm diameter) under your neck. You should feel the towel pushing upwards into your neck. This is a great exercise for people who spend too much time forward flexing their necks, e.g. computer and laptop users.

Video: <http://youtu.be/zBJnDhZH3vY>

## Sitting Extension

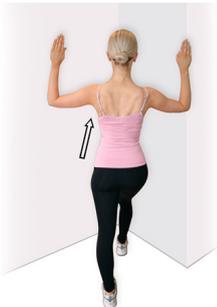


© rehabmypatient.com

Support your neck by placing your hands interlocked behind your neck. Round your lower back slightly, to focus the movement to the upper back, and slowly bend backwards.

Video: <http://youtu.be/Si0OKWUoglk>

## Bilateral Mid Pec Stretch

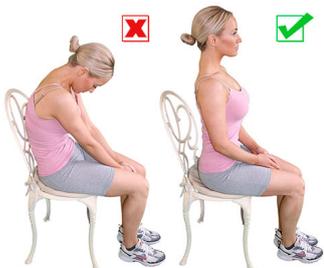


© rehabmypatient.com

Place your arms at 90 degrees, with your palms flat on the wall, and face towards a corner. Push your body into the corner keeping your hands in the same position. You will feel a stretch across your upper arms, front shoulders and chest.

Video: <http://youtu.be/yUzaf5pQ7XQ>

## Advice On Sitting Correctly



© rehabmypatient.com

When sitting on a chair: 1) Keep your eyes on the horizon. 2) Do not let your head drop forwards or down. 3) Do not let your shoulders drop forwards. 4) Do not let your upper back round. 5) Keep a gentle backward curve in your lower back.

Video: <http://youtu.be/V5TGzXUJlqo>

## Advice On Lifting From the Floor



When lifting from the floor: 1) Avoid lifting heavy objects. 2) Position your body square on to the object being lifted, never twist. 3) Bend your knees rather than your back. 4) Contract your deep abdominal muscles - one way to do this is to squeeze your stomach inwards and hold. 5) Keep the load close to your body to reduce the weight and lever-arm. 6) Do not twist when you put the weight back down.

Video: <http://youtu.be/8cGecetwzyc>

## Bruegger's Posture Sitting



Sit on the edge of a chair, and open your legs and allow them to relax outwards. Keep your body and spine tall, lift the crown of your head towards the ceiling, and arch your lower back slightly. Turn your arms outwards so your palms are facing forwards, and draw your shoulder blades down and towards the midline. Make a gentle double chin with your head at the same time. Breathe deeply throughout. You will feel a stretch across your chest and front, as well as muscles working in your back, all helping to improve your posture.

Video: [http://youtu.be/\\_uQ\\_-JeWTgU](http://youtu.be/_uQ_-JeWTgU)

## Bruegger's Posture Standing Wall



Stand up against a wall. Ensure your heels, buttocks, shoulders and head is touching the wall. Turn your hands out, so your palms are facing forwards with your hands resting against the wall. Bring your shoulder blades down and towards the midline. Tuck your chin backwards slightly. Breathe deeply throughout the exercise. If your upper back is very rounded and you are unable to get your head to the wall, do not arch your neck, just keep your head where it feels comfortable. You will feel a stretch across your chest and front, as well as muscles working in your back, all helping to improve your posture.

Video: <http://youtu.be/9BnkSNpGxxY>

## Extension Prone



Lie face down, with your hands placed on the back of your head. Slowly extend your upper back. This exercise provides a good stretch to the back, and is especially useful for those with poor posture or rounded shoulders. It is also a strengthening exercise for the back. You can repeat the exercise a number of times, or hold the same position for a prolonged period of time.

Video: <http://youtu.be/FWH22O-t5eE>

## Neck Retraction



Sit upright with good posture. Gently pull your head back as far as comfortable and down slightly. You will feel some gentle tension at the front and back of your neck. This exercise will help your neck and upper back posture.

Video: <http://youtu.be/VYcifC6BFgc>



## Pec Stretch

Bend your elbow 90 degrees, and rest your forearm against a door frame or wall, with your fingers pointing towards the ceiling. Lean forwards creating a stretch across your upper arm, front shoulder and slightly into your chest. This exercise stretches the pectoral muscle.

**Perform both sides**

Video: <http://youtu.be/OHtz3C0v9IM>



## Pec Stretch Straight Arm

Hook your fingers around a door frame or corner of a wall, and lean forwards creating a stretch across your upper arm, front shoulder and slightly into your chest. This exercise stretches the pectoral muscle.

**Perform both sides**

Video: [http://youtu.be/c8ln\\_nWYMyM](http://youtu.be/c8ln_nWYMyM)



## Lying Retraction

Lie face down, with your arms by your side. Squeeze your shoulder blades inwards. You will feel a muscular contraction around and between your shoulder blades.

Video: <http://youtu.be/zunB3DKuji0>



## Back Extension Medium

Lie on your front, and rest on your forearms. Straighten your arms to a 90 degree position as shown. Hold this position. Your back will be arched. Start gently with this exercise as it can cause some stiffness when you first begin.

Video: <http://youtu.be/jwl8g1dNzbw>



## Standing with Good Posture

Stand up straight. Ensure that your head does not drop forwards and keep your eyes on the horizon line. Your knees should be relaxed, and not locked back. Slightly tuck your bottom under and your tummy in. Keep your shoulders in a relaxed and back position, and place your hands by your side.

Video: <http://youtu.be/ToXlJxuFLmU>