

## Posture Exercises

The goal of postural exercises is to stretch the tight muscles of the chest and to strengthen the weak muscles of the upper back and abdomen.

The following exercises are my 4 favorite exercises for stretching and strengthening your postural muscles.

For the second 2 exercises you will need a resistive band. You can pick up exercise bands any of your local sports equipment stores or order online. I recommend getting 3 bands of different strengths so that you can start out with the band of least resistance and then work your way up to the band with greatest resistance as you become stronger.

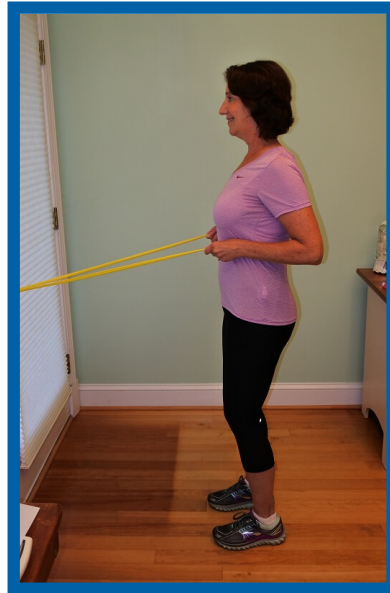
### Chin Tucks



- Can be performed in sitting or standing
- Look straight ahead with finger on the chin
- Without moving the finger, pull the chin and head straight back until a good stretch is felt at the base of the head and top of the shoulders
- Don't allow the head to tilt up or down
- The action will create a double chin!
- Hold for 5 seconds, repeat 5 x's

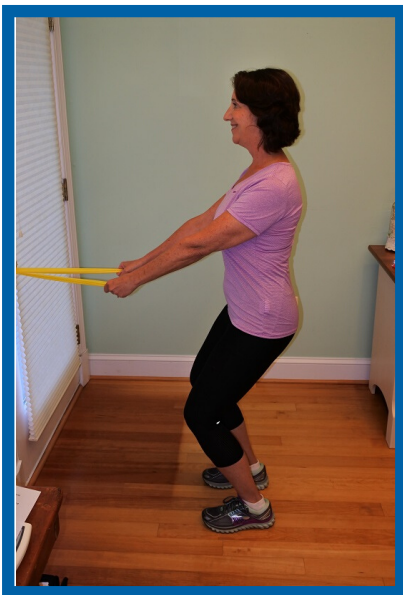
## Posture Exercises

### Elastic Band Row



- Place band around door knob or any secure fixture.
- Stand a few feet back from the door so the band is taught with your arms extended in front of you.
- Holding the elastic band with both hands, pull the band towards your until your hands reach your ribcage, keeping your elbows near your side and squeezing your shoulder blades together
- Hold 2 seconds. Perform 10-20 times

### Standing Core Strengthening



- Place the band around door handle or fixed object.
- Stand a few feet back from the door so the band is taught with your arms extended in front of you
- Stand with arms stretched out in front of you and knees slightly bent
- Keeping your elbows straight, pull your arms back, keeping them close to your sides, until they are slightly extended behind your body. Hold 2 sec.

- As you are pulling your arms back, you will also be straightening your knees, squeezing gluteal muscles and tightening your stomach muscles
- Return to the starting position by relaxing your arms forward, bending your knees and relaxing your muscles
- Perform 10-20 times

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### Wall Angels



- Start with your back against the wall, with your feet placed 1 foot away from the wall
- Bend your knees slightly and flatten your back against the wall as much as possible
- Place the back of your head against the wall and perform a chin tuck as above
- Place your arms on the wall with your elbows bent at 90 degrees

- Slowly move your arms overhead as far as you can go while maintain contact with the wall
- Slowly return to starting position
- Repeat 10 times

### Floor Angels



- Lie flat on your back with your knees bent
- Flatten your back against the floor
- Perform a chin tuck
- Place your arms out to the side with your elbows bent at 90 degrees and in line with your shoulders
- Keeping your arms flat against the floor, slowly slide your arms over head and then back down to the starting position
- Perform 10 x's