

## “Posturally Speaking: The Exercise behind the Science”

- I. Assistance with maintaining proper posture
  - A. Quick review of proper ergonomics in sitting
  - B. Slouch/Overcorrect
  - C. Use of lumbar roll, or creating a lumbar support
- II. Prolonged Poor Posture
  - A. Forward Head and Rounded forward shoulders
    - 1. Computer set up
    - 2. Phone
    - 3. Game systems
    - 4. Aging eyes
    - 5. Forward Head
  - B. Correction of Forward Head and rounded forward shoulders
    - 1. Retractions 10 every 2 hours
    - 2. Get up from your desk every 15-20min.
    - 3. Shoulder squeezes straight back x10
    - 4. Back and down x 10
    - 5. “W” x 10
    - 6. Shrugs with scapular depression
    - 7. Upper trapezius stretch 10 sec 5-10 repetitions
    - 8. Hand and wrist ROM
- III. Strengthening Exercises to enhance the ability to maintain proper posture
  - A. Horizontal Abduction
  - B. Bilateral shoulder external rotation in neutral
  - C. Low rows with bands or a simple press backPerform all the above 3 sets of 10 repetitions
- IV. Conclusion