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. Shrigs 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 back
      Perform all the above 3 sets of 10 repetitions

IV. Conclusion