

# Nottingham Family Wellness Centre

## Posture Exercises

### Good Posture Sitting Position



#### PROPER CERVICAL AND SPINAL POSTURE - SEATED

Good posture positions your head over your shoulders so that your head is not protruding forward. Your ears should be over your shoulders.

Begin by correcting your low back so that it is not slouched. This will correct much of the spine. You may also need to perform a small chin tuck as well.

The image on the right shows how you should position your head and spine throughout the day. This might be difficult at first but over time will get easier as your body adjusts.

### Postural Stretches



#### UPPER TRAP STRETCH

Begin by retracting your head back into a chin tuck position. Next, move your head towards one side with the help of your hand for light over pressure.

Repeat 2 Times  
Hold 30 Seconds  
Complete 1 Set  
Perform 1 Time(s) a Day



#### LEVATOR SCAPULAE STRETCH

Place your arm on the affected side behind your back and use your other hand to pull your head downward and towards the opposite armpit.

You should be looking towards your opposite pocket of the target side.

Repeat 2 Times  
Hold 30 Seconds  
Complete 1 Set  
Perform 1 Time(s) a Day

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### PECTORALIS DOORWAY STRETCH

While standing in a doorway, place your arm up on the door jam and take a step forward through the doorway. Bend your front knee until a stretch is felt along the front of your chest and/or shoulder. Your upper arm should be horizontal to the ground.

Your legs should control how much you stretch by bending or straightening your knee through the doorway.

Repeat 2 Times  
Hold 30 Seconds  
Complete 1 Set  
Perform 1 Time(s) a Day

## Posture Exercises



### CERVICAL CHIN TUCK AND RETRACTION

While lying on your back with a small folded up towel under your head, tuck your chin towards your chest. Also, focus on putting gentle pressure on the towel with the back of your head.



Maintain contact of head with the towel the entire time.

Repeat 10 Times  
Hold 3 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day



### PRONE RETRACTION EXTENSION

Lying face down with your arms by your side, slowly move your arms upward towards the ceiling as you squeeze your shoulder blades downwards and towards your spine.

Repeat 10 Times  
Hold 3 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day

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### PRONE T

Lie face down with your elbow straight and arms out to the side. Next, set your scapula by retracting it towards your spine and downward towards your feet. Then, slowly raise your arms towards the ceiling keeping your elbow straight the entire time as shown.

Your thumbs should be pointed in the upward direction as your arm raises.

Repeat 10 Times  
Hold 3 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day

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### ELASTIC BAND ROWS

Holding elastic band with both hands, draw back the band as you bend your elbows. Pinch your shoulder blades together. Keep your elbows near the side of your body.

Repeat 10 Times  
Hold 3 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day

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### ELASTIC BAND BILATERAL EXTERNAL ROTATION

Sit with good posture, pinch your shoulder blades together gently. While holding an elastic band with your elbows bent, pull your hands away from your stomach area. Keep your elbows near the side of your body and always bent at 90 degrees.

Repeat 10 Times  
Hold 2 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day