

General Posture Exercise Program

Author: Elaine Sebastian

Tall Sitting



Start



End

- Inhale slowly and straighten spine.
- Exhale while sitting as tall as possible.
- Hold END position for ____ seconds, breathing normally. Be sure to keep shoulders relaxed.
- Relax.
- Repeat ____ times.

Chin Tuck



Do



Don't

- Assume a good posture
- Tuck chin in, making a double chin.
- Hold ____ seconds.
- Relax.
- Repeat ____ times.

Elbow Backs



- Place hands behind head.
- Pull elbows back as far as possible while squeezing shoulder blades together. (Try to keep your chin tucked).
- Hold for ____ seconds.
- Repeat ____ times.

Shoulder Blade Squeeze



Side/Back



Side/Front

- Rotate shoulders back, then squeeze shoulder blades together. (Try to keep chin tucked and shoulders relaxed).
- Complete exercise in the _____ position.
- Hold ____ seconds.
- Repeat ____ times.

Hamstring Stretch



Do



Don't

- Sit on the edge of the mat or bed.
- Turn sideways, placing one leg straight on the mat.

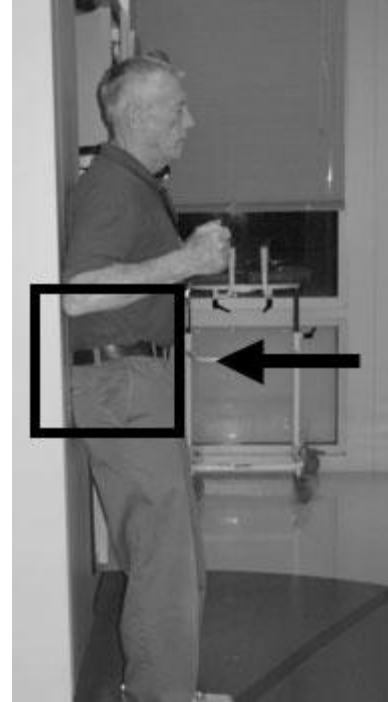
- Reach for toes while maintaining good posture. Do not round your back as you stretch.
- Hold the stretch for ____ seconds.
- Repeat ____ times per session.
- Complete ____ times per day.

Posture Check



- Check posture in mirror (or large window).
- Pull head back against wall (or car seat).
- Stand tall and erect.
- Keep chin tucked in.
- Keep head and shoulder in alignment.
- Inhale slowly; exhale while standing as tall as possible.

Wall Flats



- Stand with the back against the wall and feet out at about a foot from the wall.
- Bend the knees slightly.
- Flatten the back against the wall and squeeze buttocks together.
- Hold for ____ seconds.
- Repeat ____ times.

Body V



- Stand with both feet shoulder width apart.
- Start with both arms crossed in front of body.
- Bring both arms up over head forming a letter “V” with palms facing in and backwards.
- Hold position for ____ seconds.
- Repeat ____ times.

Sit to Stand



- Sit in a sturdy chair with hands on the arm rests.
- Push up from the chair.

- As you stand up straight, ensure you are in your best standing posture (see Posture Check above).
- Repeat ____ times per session.
- Complete ____ times per day.

Hip Flexor Stretch – Lunge Position



- Stand at a supportive surface.
- Take a large step forward.
- Keep back straight in your tall posture position.
- You should feel a stretch in the front of the hip of your back leg.
- Hold the stretch for ____ seconds.
- Repeat ____ times per session.
- Complete ____ times per day.

Pectoral Stretch



- Stand in front of a corner. Place hands on the wall at shoulder level.
- Lean into the wall slightly until feeling a stretch around the shoulders.
- Hold for ____ seconds.
- Repeat ____ times.

This content is for informational purposes only. It does not replace the advice of a physician or other health care professional. Reliance on this site's content is solely at your own risk. Shirley Ryan AbilityLab disclaims any liability for injury or damages resulting from the use of any site content.

© 2017 Shirley Ryan AbilityLab (formerly Rehabilitation Institute of Chicago)

Henry B. Betts LIFE Center – (312) 238-5433 – <https://www.sralab.org/lifecenter>