General Posture Exercise Program
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Tall Sitting

- 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

- 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

- 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

- 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.
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.

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