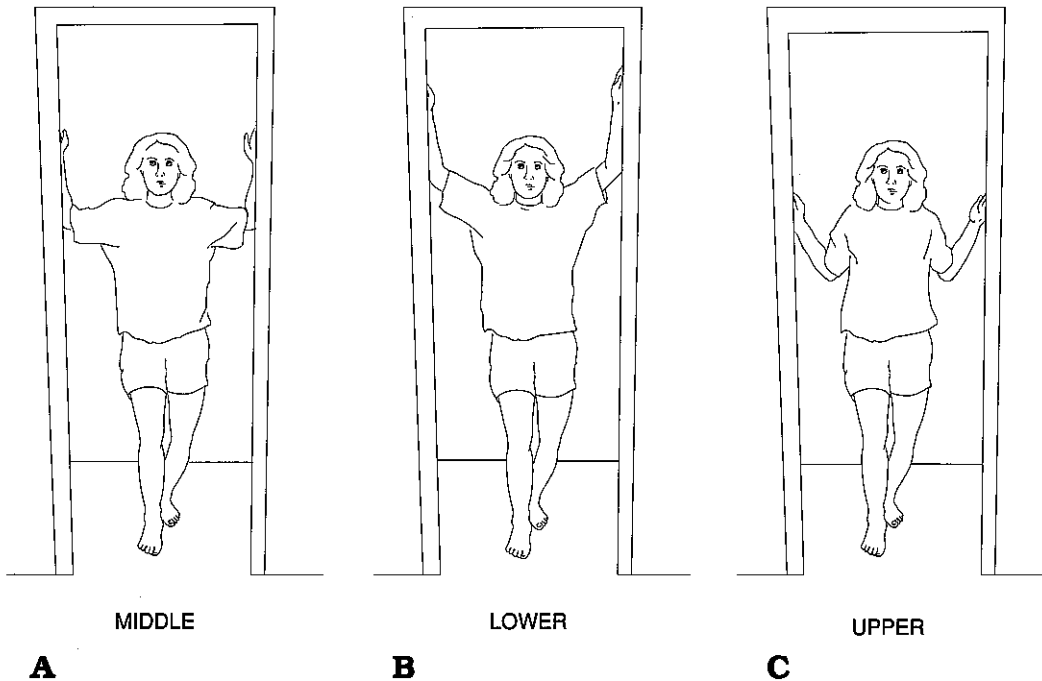


Posture—Hints

1. Remember that your head leads your body, so try to align your head in the proper position. To do this, gently tuck in your chin and lengthen the back of your neck.
2. Pull your shoulders back after positioning your head.
3. Practice forming a straight line from your ear down to the floor. Do this by aligning your ears over your shoulders, your shoulders over your hips, and your hips over your ankles.
4. Posture is important when sitting. Support your back and legs by making sure your feet touch the ground once your back touches the back of the chair. (Most chairs are too big—consequently, we often develop poor posture.)
5. Imagine your body is lengthening and try to lift your head from the rest of your body. At the same time, try to lengthen your spine as you think about your posture.
6. Sleep in comfortable positions so that you don't awake feeling cramped and tight.
7. Think about your posture as much as possible. You can facilitate this at home by placing dots in areas that you frequently pass, or on the rearview mirror of your car. Position your head and shoulders to align with the dots.
8. Don't stay in the same sitting or standing position for longer than 30 minutes.
9. Take deep breaths and imagine yourself in good posture.
10. Throughout the day, take opportunities to look in mirrors and adjust your posture.
11. Observe movie stars and try to imitate their posture. Most of them have excellent posture.

Posture—Exercise 1



Patient Name: _____ **Date:** _____

(Middle) Starting position: Standing in a doorway with both shoulders and elbows at 90°.

(Lower) Starting position: Standing in a doorway with both shoulders above 90°.

(Upper) Starting position: Standing in a doorway with both shoulders below 90°.

Exercise: Slowly lean through the doorway until a stretch is felt across the front of your chest.

Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Posture—Exercise 2



A



B



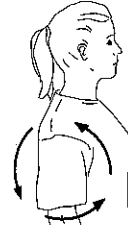
C



D



E



F

Patient Name: _____

Date: _____

(Clockwise) Starting position: Standing with arms at your side.

Exercise: Gently roll your shoulders in a clockwise direction until you return to the starting position.

(Counterclockwise) Starting position: Standing with arms at your side.

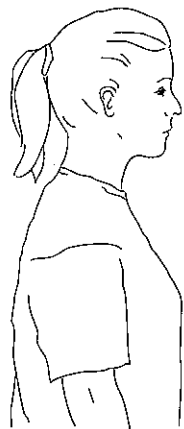
Exercise: Gently roll your shoulders in a counterclockwise direction until you return to the starting position.

Repeat _____ times.

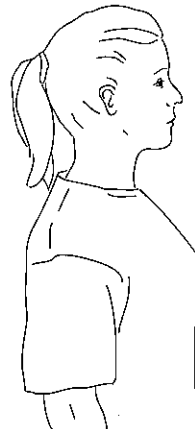
Do _____ sessions per day.

Special Precautions/Comments: _____

Posture—Exercise 3



A



B

Patient Name: _____ **Date:** _____

Starting position: Standing or sitting.

Exercise: Pull your shoulders backward by squeezing your shoulder blades together.

Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Posture—Exercise 4



A



B

Patient Name: _____ **Date:** _____

Starting position: Standing or sitting.

Exercise: Lift your shoulders toward the ceiling.

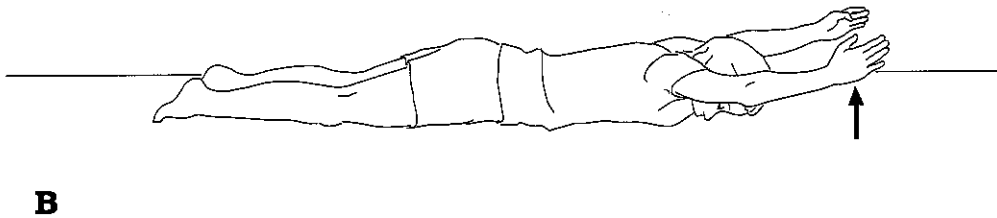
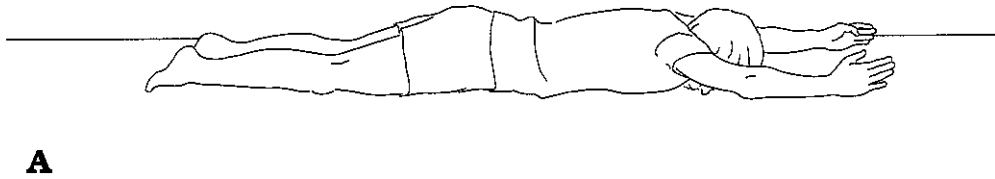
Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

Posture—Exercise 5



Patient Name: _____ **Date:** _____

Starting position: Lying on your stomach, forehead down and arms straight above your head.

Exercise: Slowly lift your arms toward the ceiling while keeping your elbows straight.

Use _____ pounds.

Repeat _____ times.

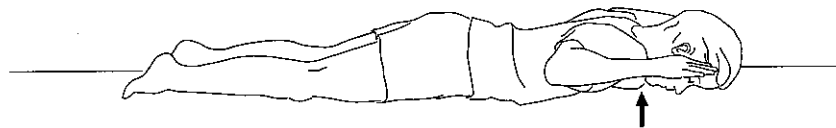
Do _____ sessions per day.

Special Precautions/Comments: _____

Posture—Exercise 6



A



B

Patient Name: _____ **Date:** _____

Starting position: Lying on your stomach, forehead down. Shoulders and elbows are bent 90°.

Exercise: Slowly lift your arms toward the ceiling while keeping your elbows bent.

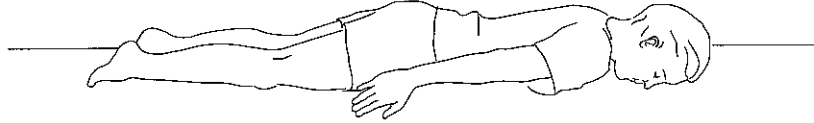
Use _____ pounds.

Repeat _____ times.

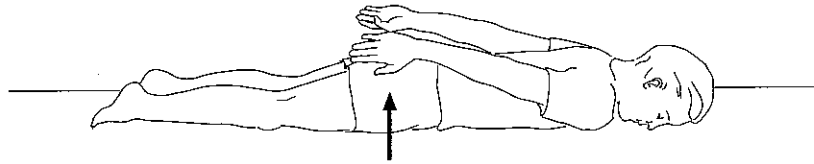
Do _____ sessions per day.

Special Precautions/Comments: _____

Posture—Exercise 7



A



B

Patient Name: _____ **Date:** _____

Starting position: Lying on your stomach, forehead down and arms at your sides.

Exercise: Slowly lift your arms toward the ceiling while keeping your elbows straight. Return to the starting position.

Use _____ pounds.

Repeat _____ times.

Do _____ sessions per day.

Special Precautions/Comments: _____

