



Improving Posture



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Poor posture can lead to a whole range of issues such as neck pain, headaches, low back pain, hip problems, extremity pain and even trouble with breathing.

When we go about our daily life with poor posture our muscles have to work overtime to keep us up right and we become less skilled in basic movements such as standing and walking.

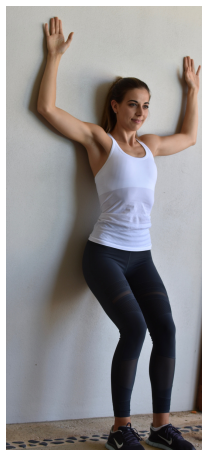
The following exercises are designed to help strengthen your postural muscles and help with core activation.

Disclaimer: Please consult your Chiropractor before performing these exercises as they may not be suitable for everyone or may need to be adapted for your individual needs.

Wall Angels

1. Stand with your back, head and buttock against the wall.
2. Now try to flatten your low back using your core muscles so that you decrease the space between your low back and the wall.
3. Bring your arms up to 90 degrees and make sure your shoulders, elbows and wrists are touching the wall. If you are tight across the shoulders and upper back you may find it hard to do this while keeping your low back flat against the wall. The more you practice the easier it will become.
4. Take a deep breathe in and as you exhale slowly straighten the arms so that they are fully extended. Make sure your low back, shoulders, elbows and wrists don't come off the wall as you move the arms up. **Hold for 3 slow breathes.**

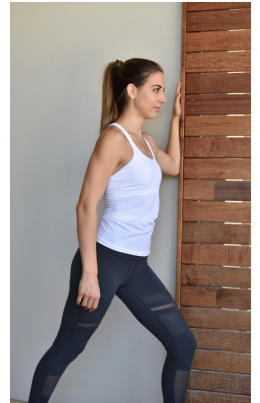
Start by performing **5 repetitions** and gradually progress by increasing the amount of reps.



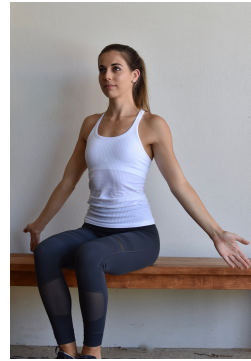
Chest Wall Stretch

Stand in a door way and lift your arm and bend your elbow to 90 degrees so that your arm is parallel to the floor. Slowly lean forward until you start to feel a mild stretch at the front of your chest. Perform on both sides.

Hold for **60 seconds** and perform **2-3 times per side.**



Brugger Postural Exercise



While sitting take in a deep breath in and roll the shoulders forward and up towards your ears. As you breathe out roll the shoulders back and squeeze the shoulder blades together and turn the palms of your hands outwards. Perform **5 sets every 30 minutes** when sitting for prolonged periods of time.

Tip: Set a 30 minute timer on your phone while you're at work so that you don't forget!

Bird Dog Exercises

Begin by kneeling on all fours on a matt. As you brace through your core reach one arm out in front and extend the opposite leg behind you. Make sure the movement is slow and controlled and repeat on the other side. If you are unable to move both the arm and leg at the same time perform each movement individually. Perform **8-10 per side** and repeat **3 times.**



Thoracic Foam Rolling

Start by lying with the foam roller underneath your shoulders. Gently roll the foam roller down to the lower back and then back up to the shoulders.

