

Jamison: Patient Education and Wellness

HANDOUT 10.3: CORRECTING PREVALENT POOR POSTURES

See <http://www.chiropracticwellness.ca/chiropractic/posture.html>

POOR POSTURE 1

The round shoulders, big backside stance. Excessive arching of the low back results in the upper back and head arching forward.

Correction exercises

Flexed-knee sit-ups strengthen the abdomen; bent-knee leg lifts strengthen the abdomen. Knee-chest leg lifts stretch the lower back and tighten the abdomen. Back-flattening exercises stretch the lower back and tighten the abdomen.

- ☐ Knee to chest:
 - Lie on your back, hands on bent knees
 - Clasp knees tightly to your chest for 3 seconds
 - Relax and allow your knees to move an arm's length away from your chest
 - Repeat
- ☐ Abdominal exercise:
 - Lie on your back, knees bent and feet flat on the floor
 - Fold your arms across your chest
 - Raise your upper body to 40° from the horizontal (17cm off the floor)
 - Hold for 5 seconds then return to starting position
 - Repeat

Let somebody hold your feet flat on the floor initially if necessary.

- ☐ Alternative abdominal exercise:
 - Lie on your back with your calves on the seat of a chair
 - Raise your trunk to 30° off the horizontal
 - Hold for 5 seconds, rest and repeat
- ☐ Leg and trunk raise:
 - Lie flat on your back
 - Extend your arms to the front
 - Pivot your buttocks by raising both legs up to 35°
 - Cross your feet without them touching
 - Raise your trunk off the floor
 - Hold for 5 seconds, relax, repeat
- ☐ Pelvic raises:
 - Lie flat on your back with knees bent and feet on the floor
 - Arms are alongside your body
 - Resting on your shoulders (not head), raise your buttocks 8–10 cm off the floor
 - Hold for 5 seconds, relax, repeat
- ☐ Pelvic flattening:

- Lie on your back with knees bent, feet on the floor, and arms alongside your body.
 - Keeping feet, buttocks, shoulders, arms, and head on the floor, raise the small of your back
 - Relax
 - Repeat 5 to 30 times a day
- ☐ Pelvic tilt:
- Lie on your back with knees bent
 - Tighten your stomach muscles
 - Flatten the small of your back
 - Hold for 10 seconds
 - Repeat

POOR POSTURE 2

The slumped posture. Exaggeration of the thoracic and cervical spine curvatures results in the 'slump'.

Correction exercises

- ☐ Trunk arching:
- Kneel on all fours
 - Arch your back
 - Drop your head
 - Slowly drop your abdomen and raise your head
 - Repeat
- ☐ Pectoralis stretch:
- Stand or sit with hands on hips
 - Gently push your elbows back as if attempting to touch elbows behind your back
 - Slightly arch your back
 - Relax, repeat
- ☐ Shoulder roll:
- Sit or stand with your arms at your sides
 - Roll or rotate both shoulders, clockwise and counter-clockwise
 - Repeat

POOR POSTURE 3

The flat pelvis stooped posture. By leaning too far forward at the waist, people can diminish their low back arch and so they appear to look downward.

Correction exercises

- ☐ Pelvic raises
- ☐ Pelvic flattening
- ☐ Trunk arching

See how to use posture to prevent back pain:

http://www.mayoclinic.com/health/back-pain/LB00002_D