

Posture Class Basics

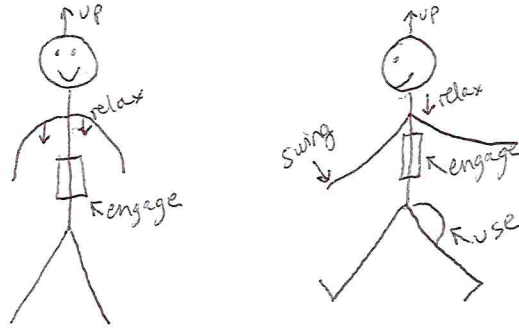
Helpful for patients who are: older, have trouble exercising, are unable to go to PT, and/or are very deconditioned.

For all of us: chair-sitting for decades contributes to weakened core and gluteal muscles- they can be retrained!

Small consistent exercise will give results in 1-2 months. Make sure patients' ergonomics at desks are correct too.

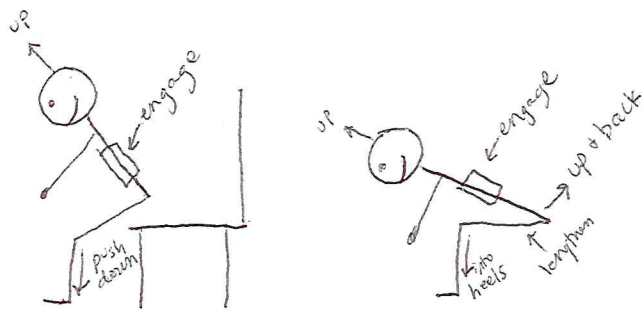
1. Push Up! Conscious Standing and Walking

- Stretch the back of your neck, keep chin level, relax shoulders
- Soft knees, engage core, pelvis neutral
- To walk: engage gluteal muscles, make sure gait is steady and smooth



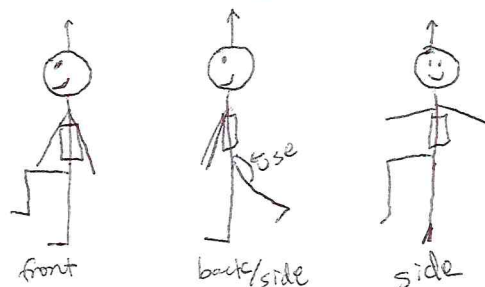
2. Slow Chair Squat = Hip Hinge

- Push Tailbone back and up, engage core and lean forward slowly
- Weight pushes down through your Heels- bend knees slightly
- Feel hamstrings stretch and lengthen, stop before any pain



3. Balance Practice

- Engage core!
- Shift weight to one leg, let other foot rest lightly on the floor, 10 seconds+
- Practice bringing one knee at a time up, then try out to the side
- Stand while putting on pants and shoes, use a wall to balance at first



4. Break Up Sitting!

- Move every 20-30 minutes
- Do 'anti-sitting' exercises: forearm stretch, psoas stretch
- Get 20-60 minutes of activity in each day- 10 minute blocks are great

5. (Next Level!)

- Toe raises, Arm raises (rotators)
- Intervals and Hip Activator jog
- Wall Pushups and Planks

