

Exercise Prescription: Posture Reset

Purpose of Exercise:

This is a great postural exercise to counteract the breakdown of proper posture throughout the day. Over time, the weight of your head will shift forward, your shoulders will slump forward and round, your upper and lower back will flex forward. This puts a lot of stress on the neck and upper back as well as the entire spinal column.

Frequency:

As many times as is necessary throughout the day. Over time, the endurance of these muscles will increase, which will help to decrease the stresses of poor posture.

Starting Position:

When learning this exercise, it is helpful to start against the wall. Once you understand what the exercise should feel like, you may complete it without the assistance of a wall. Standing with your feet shoulder width apart, heels, buttocks, shoulder blades, and the back of your head are touching the wall.

Exercise Description:

From the starting position keeping your shoulders down, turn your palms so they are facing forward. Try to bring your elbows and the back of your hands so they are touching the wall. Now, tuck in your chin, bringing it towards the wall.

Holding this position for 15-30 seconds, take 3-6 deep breaths.

If your upper back is moderately to severely rounded, you may not be able to bring the back of your head to reach the wall. If this is the case, tuck in your chin to the point where your chest starts to lift and hold in this position while completing the exercise.

Pictures:

