

# 05

## Postural Exercises

*The purpose of these exercises is to attempt to activate and strengthen the muscles that are responsible for proper posture and relax those muscles that tend to get tight and produce poor posture. We have a tendency to shrug our shoulders, round our shoulders and poke our chin. Therefore these exercises are designed to draw our shoulders back and down while maintaining a proper neutral neck position.*

### EXERCISE 5.1 **Brugger**

Sit on a chair with your "sit bones" at the edge. Rock your pelvis forward into a tilt. Slightly tuck your chin and turn your hands outward so that your thumbs are pointing behind you. Be sure to keep your fingers as wide as possible (figure 1).

Hold this position for \_\_\_\_\_ seconds, and then relax.

Repeat this exercise \_\_\_\_\_ times. This position should be taken periodically throughout the day, especially if you are spending a great deal of time sitting.



Figure 1

## EXERCISE 5.2 Wall Angels

Stand with your back to the wall with your feet approximately 12" from the wall. Lean against the wall with your buttocks and shoulder blades and head. Rock your pelvis forward into a tilt so that there is a space between your lumbar spine and the wall. Raise your arms above your head with your palms facing toward one another (figure 1).

Slightly tuck your chin into a neutral spine posture. Spread your fingers as wide as possible and push back against the wall with your arms.

While maintaining the pressure against the wall with your arms, slowly lower your elbows toward the floor (figure 2).

Return to the start position.

Repeat this exercise \_\_\_\_\_ times.

This exercise position should be taken periodically throughout the day, especially if you are spending a great deal of time sitting.



Figure 1



Figure 2