Daily Posture Routine

Generally, we are tight in front and weak in the back so we stretch the front and strengthen the back. ie stretch front of hips and chest and strengthen butt and mid back.

These are the minimum of course you can do so much more. A lot of these are from the running exercises link from our website and from the neck exercises link if you want to look them up.

For Low back mid back:

* “Z” sit-lie on floor an back with arms at side palms up legs up knees bent up on chair-5 min or lie with legs up wall.
* Stretch:
  + single leg door frame stretch for hamstring
  + front of hip stretch-knee on floor bench and lean forward don’t arch back. ie quad and hip flexor stretch
  + Hip stretches--cross leg over the other and pull in or do seated pulling knee to chest and sit up tall
* Strengthen:
  + Glute max bridge—squeeze butt
  + Side lying leg lifts/clam glute medius
* Foam roller sheet

For Neck upper back mid back:

* “Z” sit-lie on floor an back with arms at side palms up legs up knees bent up on chair-5 min or lie with legs up wall.
* Stretch:
  + Hand on wall stretch front (pec major) hand up on doorframe push arm overhead (pec minor) Can also do from chair or ball on knees
  + Chin retraction stretch—pull chin in (double chin) and tilt ear to shoulder
* Strengthen
  + seated—thumbs on temple touch elbows in the front and squeeze shoulders back as far as possible while holding bottle between knees to squeeze legs
  + T, W, L’s-3 hand positions
  + Hands on low back palms out or in and squeeze elbows
  + While squeezing shoulders, extend arms out to side and bring back in while holding shoulders in place
  + While lying on side elbow at 90 turn arm out and lift thumb up. Do 50 without weight

Use Dr Google even and you’ll find hundreds of posture exercises, don’t be scared most wont hurt you. If in doubt ask me.

I’ve also been a big fan of the posture perfector recently.