

# Flat Back Posture – Mobility

## THESE EXERCISES

Having a poor posture or a good posture, is something that becomes a habit. In the same way your exercise routine has to become a habit. You won't see changes overnight, but with consistency over time you will see changes in your posture and feel your body moving better with less pain and stiffness.

You may not experience a total transformation to the 'ideal' posture, but by being aware of your posture and making changes through regular exercise, and changing your lifestyle and work routines, you will be doing yourself a huge favour in the long-term

health of your joints and spine.

When stretching or strengthening a muscle make sure it is not painful, push yourself but work within comfortable limits. These exercises are a basic routine for specific poor postures; however, every person is unique (and may not fit exact molds). So, if any exercise is painful or too hard, speak to your physical therapist and make changes specific to your needs. Always focus on form – how you do the exercise correctly and with good control – rather than rushing or pushing too hard and losing your alignment.

## Hamstring Stretch

Lying down on your back, bend your hip until you can feel a stretch behind your thigh (in the hamstring muscles). Use a towel to apply some overpressure and create a stronger stretch. Repeat each side.



SETS	REPS
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 **Video:**  
<http://youtu.be/LHuMv3EyTKQ>

## Supine Lumbar Twist Stretch

Lying flat on your back, cross one leg over the other by twisting your hips and spine. Keep your opposite arm outstretched. You can hold on to your knee to make the stretch stronger if you feel comfortable. Repeat each side.



SETS	REPS
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 **Video:**  
<http://youtu.be/BzYBkAvdCJY>

## Golf Club Rotation

Sit upright on a chair, with your feet flat on the floor. Place a golf club or broom over your head, with it resting comfortably on your shoulders, hold onto the bar with both hands. Twist to one side as far as you can go. Keep your hips still and your spine upright. Repeat on the other side. This exercise is a mobility exercise for the spine, and especially useful as a warm-up prior to rotational sports such as golf.



SETS	REPS
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 **Video:**  
<http://youtu.be/8qSSzsQ1RI0>

## Glute Stretch Supine

Lie on your back, and bend your knee to 90 degrees (i.e. pointing straight up). Place your ankle across your opposite knee and pull your knee towards your chest to feel a stretch in your bottom. You can also use a towel to assist you. Repeat each side.



SETS	REPS
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 **Video:**  
<http://youtu.be/zpaExOK4S8M>

## Hip Flexor Stretch

Perch on a bed, or a sturdy table, and hold one knee on your chest, while your other leg flops down over the end of the bed. You should feel a stretch into the front of your thigh. Repeat each side.



SETS	REPS
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 **Video:**  
<http://youtu.be/HQ98cQN6yyl>

## Back Extension Strong

Lie on your front, and rest on your forearms. Straighten your arms making your back very arched. Hold this position. Start gently with this exercise as it can cause some back stiffness when you first begin.



SETS	REPS
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 **Video:**  
<http://youtu.be/9ceFn3bH5ls>

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