

Kyphotic-Lordotic Posture Strengthening

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.



Neck Flexor Strengthening

Lie on your back, and lift your head off the floor/bed while tucking your chin in slightly. You should feel the muscles at the front and side of your neck contracting. Use a pillow if that feels more comfortable.

SETS	REPS
 Video: http://youtu.be/-TOBip8Pvjo	



Prone Active Wide Extension

Lying face down on the floor, lift your arms backwards (upwards) against gravity. This exercise mobilises the shoulder, but also increases strength in the scapular (shoulder blade) and triceps (upper arm) muscles.

SETS	REPS
 Video: http://youtu.be/O2l2ursMYzA	



Supine Bridge Basic

Lie flat on your back, with your knees bent, squeeze your bottom muscles and lift your body upwards. Keep your arms by your side and use them to help you balance. Make sure you maintain good posture (do not over-arch your lower back) and contract the deep abdominal muscles by squeezing your tummy towards your spine. This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles.

SETS	REPS
 Video: http://youtu.be/fK_xUE3OKIE	



Lower Abdominal Strength

Lie flat on your back, with your knees bent, and hand under your lower back. Lift one leg straight in the air so your foot is pointing towards the ceiling. Contract your deep abdominal muscles by drawing your belly button towards the floor, and flattening your back against your hand. Hold the pressure against your hand while you lower the leg to the floor, and back to the start position. Do not let the back arch. Try to breathe normally throughout the exercise. This is a lower abdominal and deep core strengthening exercise. Repeat each side.

SETS	REPS
 Video: http://youtu.be/amexhnSn1tI	



Plank

Rest on your forearms and your toes. Hold this position. Keep good straight posture, and do not let your back arch too much. This is a core strengthening exercise.

SETS	REPS
 Video: http://youtu.be/noeBz0JoW-4	

Floor Superman Opposite

Lie on your front, and lift your opposite arm and leg, keeping them straight. Hold this position, and then relax. This exercise helps to arch your lower back (to create what is known as a lumbar hyperlordosis) while strengthening the lower back and buttock muscles. Repeat each side.

SETS	REPS
 Video: http://youtu.be/ViUO_rtbSiA	

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