

# Kyphotic-Lordotic 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.

### Levator Scapulae Stretch

Bend your neck forwards, and then side-bend your neck by taking your left ear towards your left shoulder. Hold on to a chair to make the stretch stronger. This will allow you to feel a stretch at the back and side of your neck. You can make the stretch stronger by assisting with your hand. Repeat each side.



SETS	REPS
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 **Video:**  
<http://youtu.be/imLiEN0Kf14>

### Bilateral Mid Pec Stretch

Place your arms at 90 degrees, with your palms flat on the wall, and face towards a corner. Push your body into the corner keeping your hands in the same position. You will feel a stretch across your upper arms, front shoulders and chest.



SETS	REPS
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 **Video:**  
<http://youtu.be/yUzaf5pQ7XQ>

### Towel Extension Vertical

Roll up a hand-towel, and place it under your spine and lie flat on your back with your knees bent. If you are not sure where exactly to place the towel, start the position with the towel between your shoulder blades. If you feel more comfortable, you can also keep your legs straight. This exercise can help improve mobility to the spine and improve posture.



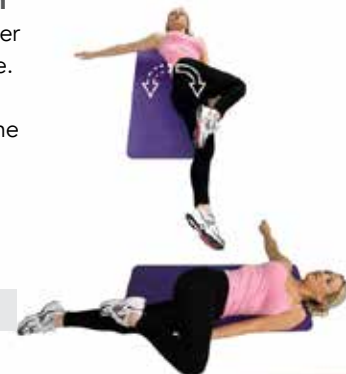
SETS	REPS
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 **Video:**  
<http://youtu.be/WXleINXX344>



### 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>

### 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>

### Hamstring Stretch

Lying down on your back, and 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/LHuMv3EyTKO>

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