

# Rounded Shoulders and Upper Back – 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.

**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>

**Quadruped**

Go on to the floor or bed on your hands and knees. Place one hand behind your head. Take your elbow from your opposite knee and then rotate upwards as far as feels comfortable, following your elbow with your eyes. This will help your upper back rotate. Repeat each side.



SETS	REPS
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 **Video:**  
<https://youtu.be/fk6WboZsVPU>

**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>

**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.

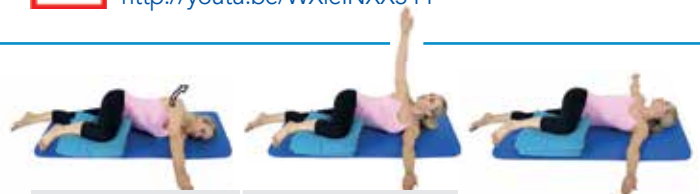


SETS	REPS
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 **Video:**  
<http://youtu.be/WXlelNXX344>

**Open Book**

Lie on your side, with your bottom leg straight, and your top leg resting on two pillows to keep your leg in alignment with your pelvis. Place your arms and hands together. Slowly rotate your upper back as you open your arms and shoulders as far as feels comfortable. Your bottom arm remains on the floor. As you open your arms, you follow your hand with your eyes. You should feel a stretch to your upper back, chest and shoulder. Repeat each side.



SETS	REPS
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 **Video:**  
[https://youtu.be/MlnTwM\\_CSyQ](https://youtu.be/MlnTwM_CSyQ)

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