

# Sway 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, 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/LHuMv3EyTKQ>

## 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>

## 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>

## Lumbar Rotation

Lie on a bed or a floor. Bend your knees and keeping your feet flat on the bed or floor, rotate your hips to one side creating a rotation through your lower back. Only go as far as feels comfortable, you do not need to get your knees to the floor. Return to the opposite side. This is an excellent lower back mobility exercise, especially if you have acute lower back pain or disc problems.



SETS	REPS
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 **Video:**  
<http://youtu.be/UxORTXzuU9E>

## 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/8qSSzsQ1R10>

## 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>

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