

# Sway Back 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.

### Hip Flexion with Internal Rotation

Turn your leg inwards, and then lift it off the floor/bed. You will feel a pull on the inside of your leg. You can either keep a sustained hold, or move your hip up and down but without resting at the floor. Repeat on both sides.



SETS	REPS
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 **Video:**  
<http://youtu.be/YjuV11mIE>

### Scissor Kick

Lie flat on your back, and lift your straight legs up and down (without resting at the floor) in an opposite motion to each other. This exercise will strengthen the lower abdominal muscles and the hip flexor muscles.



SETS	REPS
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 **Video:**  
<http://youtu.be/GBST0A3qxZc>

### Serratus Anterior Push-Ups

Start on your front on the floor, and raise up onto your elbows and toes. assuming a plank position. Gently drop your torso, by allowing the shoulder blades to squeeze together. At the bottom of the movement, push upward, letting your shoulder blades return to their starting position.



SETS	REPS
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 **Video:**  
<https://youtu.be/nvhOAVFrj9Y>

### Lying Retraction Arms Extended

Lie face down, and take your arms out to your side. Squeeze your shoulder blades together lifting your arms just 10-15 cm from the floor. You will feel a muscular contraction around and between your shoulder blades, and in the backs of your arms.



SETS	REPS
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 **Video:**  
<http://youtu.be/KiJgMIPNYB4>

### Plank One Arm Rotation

Rest on your forearms and your toes. Lift one forearm off the ground. Twist your whole body and raise your arm directly in the air. Hold this position and then return your arm back down to the floor. This is a core strengthening exercise. Repeat each side.



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

### Horse-Stance Horizontal

Position yourself on all fours, and keep good posture. Draw your tummy inwards (towards the ceiling). Straighten your arm in front of you, and your opposite leg behind you. Repeat each side. This is a great core stability and core control exercise to work the deep abdominal muscles. The exercise will also strengthen the lumbar erector and gluteal muscles.



SETS	REPS
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 **Video:**  
<http://youtu.be/BTaCXKy53wc>

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