

UCLA ERGONOMICS POSTURAL STRENGTHENING EXERCISES

The following exercises are designed to strengthen muscles that may be compromised by poor posture. The exercises should be performed slowly, and gradually progressed. If any of them feel uncomfortable, consult a chiropractor, or primary physician before continuing.

WAXING

1. Sit up straight with elbows at sides and bent to 90 degrees (right angle).
2. Push shoulders together and down, with palms facing the floor.
3. Make a waxing motion in the air while maintaining the above position.
Keep elbows "glued" to sides while completing motion.
4. Do this for 20 seconds. Repeat 4 times.



WALL ANGELS

1. Stand against wall with feet shoulder width apart.
2. Gently press low back against wall.
3. Place back of elbows, forearms, and wrists against wall.
4. Bring arms up and down slowly in a small arc of motion while keeping elbows in contact with wall.
5. Do this 10 times.



SIDELYING SHOULDER EXERCISES

1. Lie on either side with your arm resting against your side.
2. Bring hand up to ceiling and back down slowly.
3. As arm comes up, your shoulder blade should move back towards other shoulder blade.
4. Do 3 sets of 5-10 repetitions.



PRONE LYING SCAPULAR EXERCISE

1. Lie on stomach on a pillow, with forehead resting on a rolled towel to keep neck in neutral.
2. Bring arms out to sides with elbows bent to 90 degrees.
3. Lift arms up while squeezing shoulder blades together.
4. Hold each 3-5 seconds, and do 3 sets of 5-10 repetitions.



THERABAND ROWS

1. Sit up straight on a chair.
2. Keep elbows very close to sides and pull back on a resistive band as shoulder blades come back and down.
3. Return to start position slowly.
4. Do 3 sets of 5 repetitions.



ISOMETRIC ABDOMINAL EXERCISE

1. Sit in chair with back supported.
2. Tighten stomach as if someone were going to punch it.
3. Press fingers into abdomen and tighten abdominals even more to resist pressure of fingers. ** keep breathing!!!**
4. Hold 15 seconds. Repeat 5 times.



WALL SLIDES

1. Stand with buttocks, and back against wall.
2. Bring feet to 12" from wall. **Keep back against wall.**
3. Lower down until knees are bent to about 60 degrees keeping abdominals tight.
4. Raise back up to where knees are slightly bent.
5. Do 3 sets of 10 repetitions.



SIT TO STANDS

1. Sit at edge of chair with feet slightly behind knees.
2. Stand up while keeping neck erect and spine erect. Your back should not bend forward.
3. Immediately return to sitting, but do not put full weight on chair.
4. Do 3 sets of 10 repetitions slowly.

