

*For the life of Siouxland.*

## Three Simple Exercises to Improve Posture

### **1. Sitting Knee Ball Squeezes:**

Sit on the edge of a chair, and arch your back by rolling your hips forward. Make sure your feet are flat on the floor with your ankles directly below your knees. Put a volleyball, soccer ball, or fold a pillow between your knees. Now gently squeeze the ball or pillow for 3 to 5 seconds, at the same time gently pull your shoulder blades back towards your spine and lift your head up tall in military attention (chin tuck stretch). Do 2 to 3 sets of 10 repetitions with a 3 to 5 second hold 1x/day.



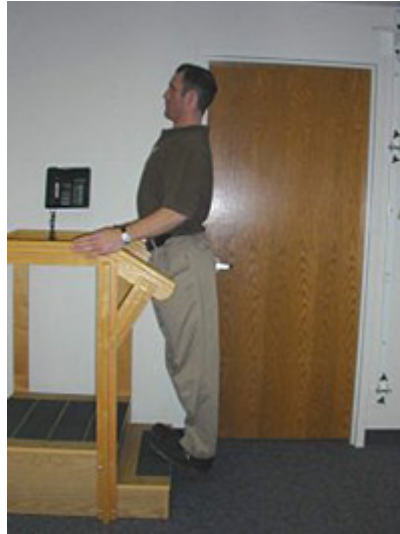
### **2. Sitting Floor:**

Sit against a wall with your head and shoulders touching the wall. Your palms face up resting on your upper thigh with elbows at your sides and your legs straight out in front of you. Your toes should be pointing up towards the ceiling. Gently pull your toes back towards your head, tighten your thighs (pushing knee down towards floor), squeeze shoulder blades back towards your spine and lift your head up tall with a gentle nodding of your head (military attention). Hold this position 3 to 5 seconds and do 2 to 3 sets of 10 repetitions 1x/day.



### **3. Gravity Drop With Scapular Retraction:**

Wear rubber soled shoes for traction, stand on a step or stairway as though you were climbing upward. Your feet are parallel and shoulder width apart. With one hand, hold on to the railing or another object for support, and edge backward until your heels are off the step and hanging in midair. Let the weight of your body press down into your heels to engage the muscles on the back of the leg, gently pull your shoulder blades back towards your spine and lift your head up tall as if standing in military attention (chin tuck). Do 2-3 sets of 10 repetitions with a 3 to 5 second hold 1x/day. This exercise will reestablish the linkage between the ankles, knees, hips and shoulders. Just standing up tall with your heels hanging off the edge of the step for 3 minutes will also help to restore postural balance.



As you progress with these exercises you can decrease the frequency from 1x/day to a couple times/week.

Taken from Pete Egoscue's books, "The Egoscue Method of Health Through Motion" and "PainFree".

To learn more about St Luke's Health System's Injury Management Prevention and Cost Containment (IMPACC) program, including a specific WorkSmart Stretching program, contact:  
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