



Home Exercise Plan Posture Reset

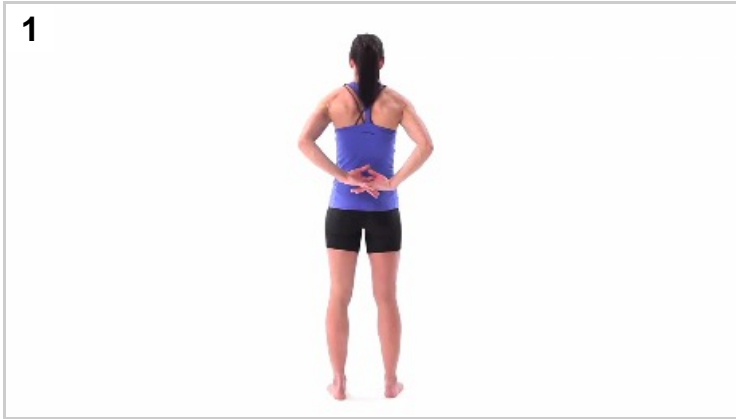
PAINFREE
FITNESS



Clinician Notes

Recall from the course that neck and upper back alignment is crucial for finding long term low back pain relief. As your shoulders and head move forward increased tension is placed on the spine and the muscles will reactively stiffen at the lower back. Test this by feeling your lower back muscles and then poking your chin forward and backward. You will feel the muscles in the lower back engage with the head forward.

Shoulder Depression and Chin Tuck



Shoulder Depression with Chin Tuck

Recall that we want to avoid a forward head and forward shoulder posture. This will increase pain and stiffness at not only the neck and shoulders, but the lower back as well. The goal is to have your ear, shoulder and hip in one line.

Instructions

1. Start out by interlocking your fingers with your hands behind your back.
2. Push your hands straight down toward the floor.

Tip: Feel like your shoulder blades move away from your ears and tilt backward slightly. Alignment at your lower back should not change.

3. From here retract your head backward, feeling as if your neck is flattening.

Tip: Do not tip the chin down or up during this motion.

Prescription

While pushing the hands down perform 5-10 chin retractions for 3-5 second holds

Upper Back Mobilization



Seated Upper Back Mobilization

Recall that upper back flexibility is important for reduction in pain throughout the body. Poor posture often leads to a stiff and rounded upper back, which places more tension on the lower back. This exercise should be used regularly as a "reset" for poor posture.

1. In a seated position, place your fingers on the bony prominences in your upper back with your elbows pointed forward.
2. While maintaining your low back alignment, inhale as you extend at just the upper back and exhale as you return back to the starting position.

Tip: You should feel motion occurring at the level of the spine where your fingers are and slightly below that.

Prescription

Perform 8 to 10 repetitions, as needed.