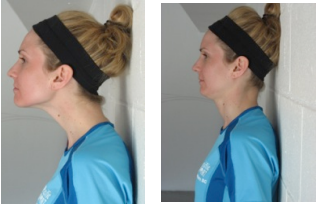
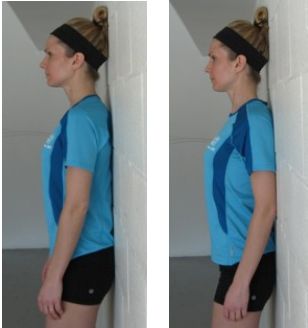
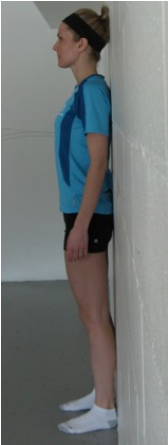


Posture





Posture Specific Corrective Exercises

Specific Correction	Name of Exercise	Description	Instructional Image
Head Forward Correction	Chin Retractions	While the athlete is positioned against the wall, pull head back and press against the wall keeping the chin level. The chin should slide back similar to a drawer and should not drop or lift. Hold 5-10 seconds. Repeat 10 times.	
Shoulders Forward Correction (if shoulders are rounded and forward)	Scapular Retraction and Depression	While athlete is positioned against wall as outlined above pull shoulder blades down the back and squeeze them together. Focus on trying to flatten the back of the shoulder blades against the wall and avoid arching the back or pulling the head away from wall. Hold 5-10 seconds. Repeat 10 times.	
Lower Back Flattened Correction	Wall Drill	This exercise can be performed to help practice proper standing posture. Stand with head, shoulders, back and heels against a wall. Heels should be shoulder width apart. Ensure the knees are not locked. Draw in the lower abdominals, decreasing the arch in your low back. Slowly exhale and pull the rib cage flat, shoulders back, to try and flatten any space between middle back and wall. Hold 5-10 seconds. Repeat 10 times.	



Posture

General Exercises to Improve Posture

Specific Correction	Name of Exercise	Description	Instructional Image
Lower Back Forward Correction	Hip Flexor Stretch	Make sure to keep your core engaged and feel the stretch in your hip flexor muscles, which run from the top of your quad to your stomach. Hold this stretch for 30-60 seconds on both legs.	
Lower Back Forward Correction	Quad Stretch	Keep your core engaged and do not let your pelvis tilt forwards. You should feel the stretch in the quad muscle, which runs from your knee to your hip. Hold stretch for 30-60 seconds on each leg.	
Lower Back Flattened Correction	Hamstring Stretch	Keep your leg that is on the chair straight but do not lock the joint. Make sure to keep your back straight and do not round your back forward. You should feel the stretch down the back of the leg that is on the chair. You should feel the stretch in your hamstring, which runs from your knee to your hip. Hold stretch for 30-60 seconds on each leg.	
Lower Back Flattened Correction	Hamstring Stretch	Keep your legs straight but do not lock the knee joints. Put a towel around your feet and pull your body down to your legs. Make sure to keep your back straight while you do this. You should feel a stretch in the back of your legs from your hips to the back of your knees.	

Spend 15 minutes daily in the morning or right before bed working on these exercises and stretches for best posture improvement! Add any exercises from the general core strengthening and stretching booklet to create a little at home workout.

