

Home Posture Exercises

1. Corner/Door Stretch

Stand facing corner or in open door way, rest arms against walls at about shoulder height. Lean towards corner or into door way (without tilting head down) until you feel stretch in chest and shoulder area; hold 30 seconds. Repeat 5 times, rest 5-10 seconds between repetitions.

2. “Up against the wall”

Stand with back to wall, pinch shoulder blades together without arching low back, move arms up and down wall until fatigued. Repeat 2 additional times (total of 3), resting one minute between repetitions. Avoid ranges where symptoms increase. Can do lying on back on floor if more comfortable.

3. Chin tucks

While sitting up straight or lying in bed, tuck head and chin back or push head and neck into pillow, (do not lower or raise chin keep level) hold for 10 seconds. Repeat 10 times, relaxing 2-3 seconds between repetitions.

4. Neck rotation

Look over shoulder, then bring chin down to shoulder. Hold 10 seconds, then repeat on each side 5 times.

5. Neck side bending

Sit in chair, hold back chair legs with hands. Bend head to side bringing ear towards shoulder, keeping chin straight ahead (no neck rotation). Hold 10 seconds. Repeat 5 times each way.

6. Shoulder shrugs

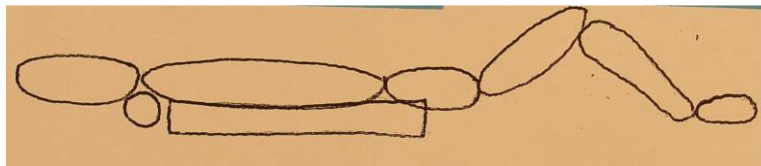
Sitting or standing up straight. Slowly bring shoulders upwards towards ears and slowly lower. Do 5 each hour.

7. Take frequent “extension breaks”

Regularly lean backwards or lean over chair, change positions regularly.

8. Towel Stretch

10 minutes on floor with knees bent. Place 1 towel rolled up for back and 1 smaller towel cross ways for neck (making a T shape). Lie down on back with longer towel directly in line with spine and pelvis (towel runs from base of neck to mid buttock region). Smaller towel goes under neck. Head should not be tipped forward or back.



If any of these exercise increase your symptoms, reread directions and try again, or don't move arms or neck as far. If discomfort continues cease from doing them.

Shoulder Protection Initiative **QUARTER 2/2024**

- **THIS CAN BE REPEATED IF YOU NEED TO CONTINUE TO IMPROVE OR STARTED NEW IF YOU HAVE NOT COMPLETED IT YET.**
- Open to employees and spouses
- Participate in a Pre-assessment and post-assessment self-administered or with Brian Coles.
 - Elevation - While lying on back on floor against the wall, measure how far you can take your arm above your head without arching your back, elbow and wrist and fingers kept straight. Have someone mark that distance. Keep that as a reference for comparison after the program. Distance from floor _____?
 - Shoulders off the floor. While lying on your back in a natural relaxed position (do not try to push your shoulders to the ground). Have someone measure how far the top/back portion of your shoulder is off the floor. Distance from floor _____?
 - Or contact Brian Coles to perform and assessment.
- Perform these exercises for 45 days.
- Perform a post-assessment to see how much your range and posture improved.
 - Elevation. Distance from floor _____?
 - Shoulders off the floor. Distance from floor _____?
- Place a mark each day you complete the exercises.
- Turn it in for a gift card).

Name _____

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Weekly total |
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| | | | | | | TOTAL | |

Some may need to do more focused upper back exercises if severe postural impingement is present, but most should see good improvement in 6 weeks.