



ACTIVE LIVING physiotherapy

Postural Exercises

1. Scapular retraction



Sets: 3 Repetition: 10 Frequency: Daily

- Sit with your chin tucked in, your back in neutral position (slightly arched) and your arms hanging loosely by your sides.
- Pull your shoulders backwards by squeezing your shoulder blades together.
- Return to the starting position and repeat.

2. Scapular wall slide



Sets: 3 Repetition: 10 Frequency: Daily

- Stand with your back against the wall and try to keep your hips/shoulders/head/elbows on the wall as you slide up and down slowly.
- Keep the lower back slightly arched or flat.

3. Thoracic Extension



Sets: 3 Repetition: 10 Frequency: Daily

- Sit on a chair with your fingers clasped behind your neck and your elbows together in front of you.
- First, slump then lean the thoracic spine against the back of the chair so the chair supports just below the bottom of the scapula.
- Slowly relax backwards over the edge of the chair as far as you can comfortably stretch. Keep your elbows close together and try not to arch the low back.
- Relax and repeat. Move thoracic spine higher/lower on the edge of the chair to alter the amount of extension.