

Self Care Exercises

Strengthening For Posture



DISCOVER
HEALTH
chiropractic
PLLC

Discover Balance & Restore Your Health
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Supine Rhomboid

GOAL: Duration 1 minute

This exercise is meant to activate and strengthen the lower part of the Rhomboid Major and Inferior Trapezius muscle (between the lower part of the shoulder blades), so be sure to concentrate on flexing these muscles.

INSTRUCTION:

Lay on your back with both knees bent and feet flat on the ground. Bring your arms into the ‘cowboy surrender’ position.

Starting Position



Keeping your wrists on the ground, bring your elbows down by pinching the lowest part of the shoulder blades together. Ensure your whole arm stays in contact with the ground.

Actions (Stage 2)



***NOTES**

This exercise should be felt right along the spine if done correctly. Hold the end position for 2-5 seconds. Repeat 12 times (movement should be slow and controlled).

Little Bridge with Leg Lift

INSTRUCTION: Duration 1 minute

Lay on your back with both knees bent and feet flat on the ground. Slowly raise buttocks from the floor. Keep stomach muscles tight and with your body in control, focus on contracting the gluteus muscles (bum) as you attain this position. Hold controlled position for up to 1 minute.

Starting Position



Beginner



When able to hold for 1 minute proceed to intermediate.

Slowly extend and straighten one knee, keep your stomach tight and your body rigid without allowing your hip to drop. Hold this position for 30 seconds. Repeat with other leg.

Intermediate



Unilateral Hip Hike

INSTRUCTION: Duration 1 minute

Lay on your back with both knees bent and feet flat on the ground. Activate your core and slowly tilt your right hip drawing it up towards your right shoulder. Hold for 2 seconds. Return to neutral and repeat on the left side.

Starting Position



***NOTES**

Both buttocks should remain on the ground throughout this exercise.

Repeat 12 times per side.

Push Up Plus

INSTRUCTION: Duration 1 minute

Begin in the push-up, partial push-up or quadraped position (on all fours).

Starting Position



Push your upper body further from the ground (protracting shoulder blades) as you concentrate on working the serratus anterior muscle (boxer's muscle) located on the side of your torso. Hold for 2 seconds.

Actions (Stage 2)



***NOTES**

Repeat 12 times. If your wrists are sore, use dumbbells or contact the ground with a fist (knuckle push-ups).

Deep Neck Strengthening

INSTRUCTION: Duration 1 minute

Place the pad of your thumb under your chin to resist the nodding motion. The fingers and thumb of your second hand should rest gently on the front of your neck above your collar bones, monitoring the more superficial muscles (SCM/Scalene).

Movement should be almost non-existent with this exercise as your thumb resists the gentle action of the chin nodding. Hold for 10 seconds, repeat 6 times.



*NOTES

Strengthening is for the deep neck flexors. If you feel your superficial neck muscles tighten, you are using the wrong muscles or over-correcting. Stop and restart while you attempt to isolate and use only the deeper muscles (less than 25% maximal strength should be used for this exercise).