



Posture and Alignment: Exercises To Help

BY: CRISTIANE B. CRUZ, R.KIN, MPK



Good Posture/Alignment Is Surprisingly Important

By Cristiane B. Cruz, MPK, R.Kin



Our Bodies Work Best With Good Posture

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There Are Many Ways To Improve Our Posture



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Why Is Posture Important?

- ▶ Centre Of Gravity
- ▶ Base Of Support
- ▶ Rule Of The Bones
- ▶ Falls Risk

Important Body Movements

Back
Rotation

Back
Extension

Scapular
Retraction

Hip Hinge

Sit To
Stand

Precaution

- ▶ You Should Always Consult Your Physician Or Other Healthcare Provider Before Changing Your Diet Or Starting An Exercise Program
- ▶ You Can Complete The Physical Activity Readiness Questionnaire Online:
 - ▶ [Click Here](#)



Back Extension

- ▶ While sitting in a chair, extend your thoracic spine backwards over a rolled-up towel against the back rest.



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Back Rotation

▶ While sitting in a chair, cross your arms in front of you or on your chest and then rotate your upper body to one side and then rotate to the other side and repeat.



Scapular Retraction

Move your shoulder blades back and down. Hold, relax and repeat.



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Hip Hinge

- ▶ Sit at the edge of a chair and hold a towel or stick along your back with one hand on your low back/tail bone and the other hand behind your head/neck.
- ▶ Sit up tall with good posture as you lean forward and then return to straight up again. Maintain contact of the dowel and your hands to your low back/tail bone, your upper back and your head/neck the entire time.

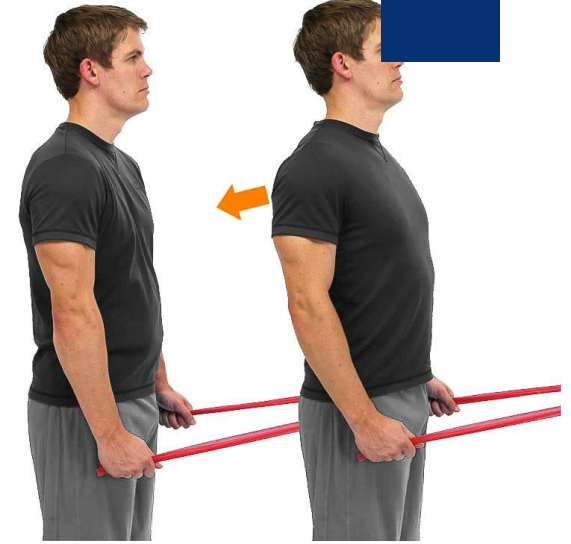


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Sit To Stand

- ▶ Sit near the front edge of a chair.
- ▶ Next, reach forward with your arms and lean forward at your waist as you press down with your legs and rise to a standing position.
- ▶ As you rise to standing, lower your arms by your side. Stand tall.
- ▶ Then, return to sitting on the chair by leaning forward as you raise up your arms. Repeat.

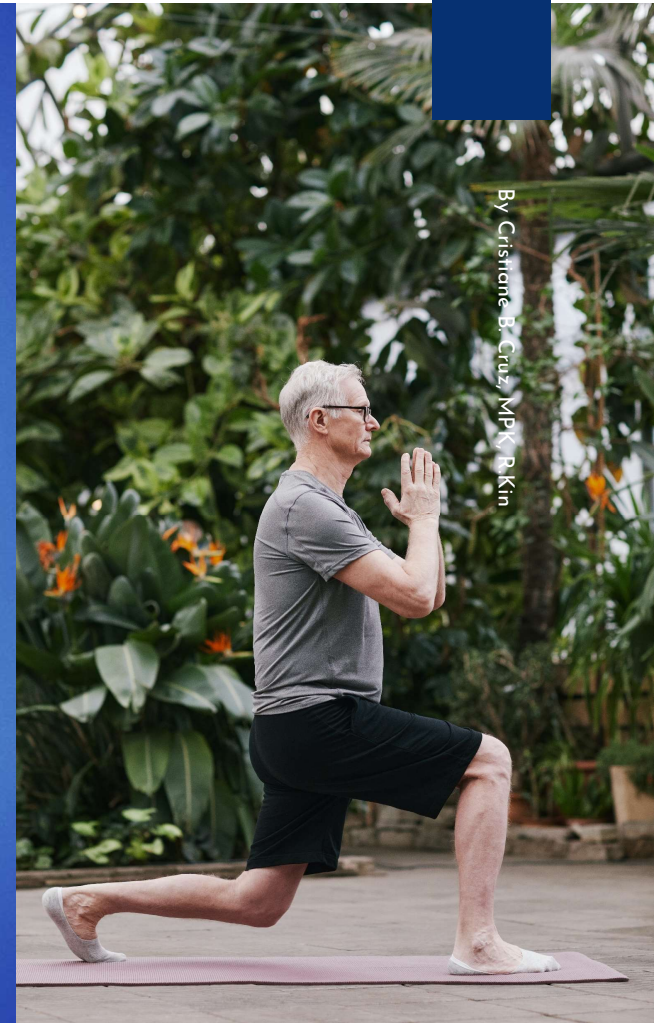




Variations

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**You'd Be Surprised
What You Can
Achieve With
Practice!**

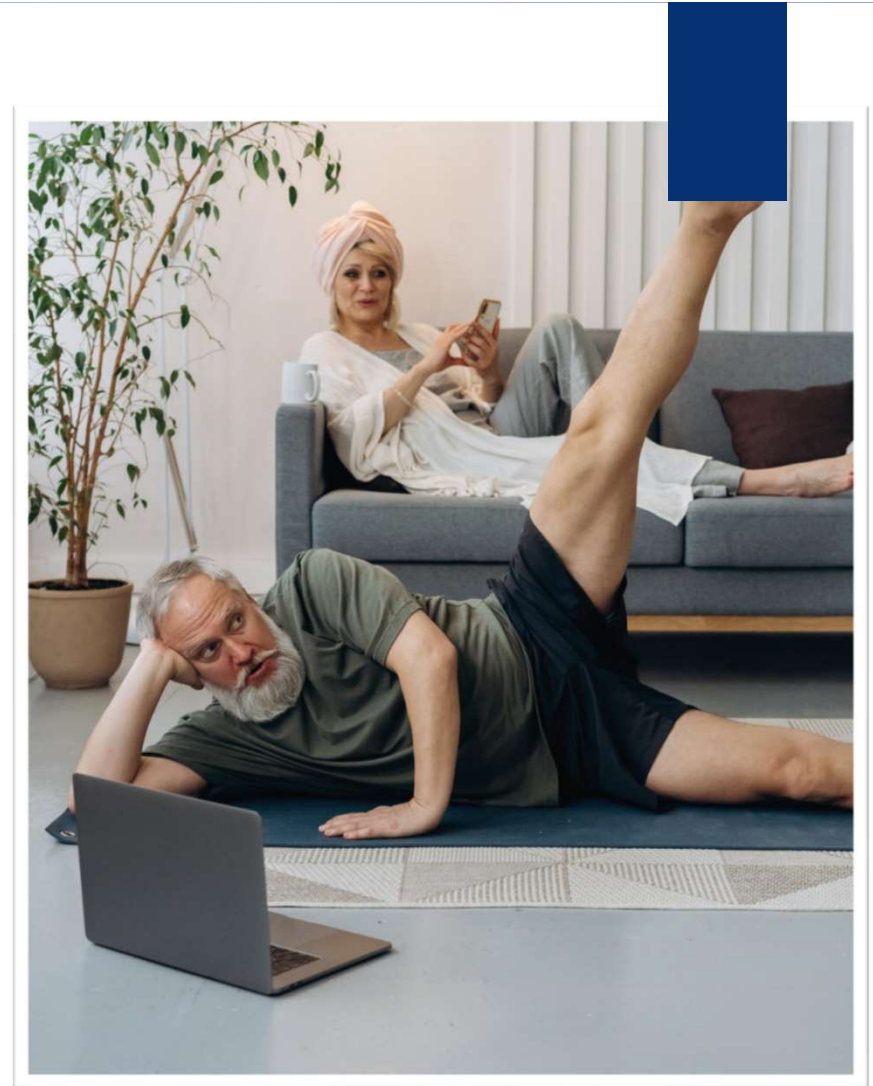


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Want Additional Support?

- ▶ Book A Virtual Appointment With Me!
 - ▶ 1 Hour One On One For Initial Session
- ▶ A Kinesiologist Can Help You Use Exercise For:
 - ▶ Chronic Diseases And Injuries
 - ▶ Arthritis
 - ▶ Low Back Pain
 - ▶ Tendonitis And Bursitis
 - ▶ Falls Prevention
 - ▶ Performance
 - ▶ Improving Health And Independence

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