

Flat Back Posture – Strengthening

THESE EXERCISES

Having a poor posture or a good posture, is something that becomes a habit. In the same way your exercise routine has to become a habit. You won't see changes overnight, but with consistency over time you will see changes in your posture and feel your body moving better with less pain and stiffness.

You may not experience a total transformation to the 'ideal' posture, but by being aware of your posture and making changes through regular exercise, and changing your lifestyle and work routines, you will be doing yourself a huge favour in the long-term

health of your joints and spine.

When stretching or strengthening a muscle make sure it is not painful, push yourself but work within comfortable limits. These exercises are a basic routine for specific poor postures; however, every person is unique (and may not fit exact molds). So, if any exercise is painful or too hard, speak to your physical therapist and make changes specific to your needs. Always focus on form – how you do the exercise correctly and with good control – rather than rushing or pushing too hard and losing your alignment.

Oblique Crunch

Lie on your back with your knees bent and resting to one side of your body, and perform a crunch by sitting-up and reaching for the outside part of your knee with your elbow on the same side. You should make sure your shoulder blades just lift off the floor. This exercise helps to strengthen the abdominal and oblique muscles. Repeat each side.

SETS	REPS
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 **Video:**
<http://youtu.be/uJaTV-sMGIM>



Floor Superman Opposite

Lie on your front, and lift your opposite arm and leg, keeping them straight. Hold this position, and then relax. This exercise helps to arch your lower back (to create what is known as a lumbar Hyperlordosis) while strengthening the lower back and buttock muscles. Repeat each side.

SETS	REPS
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 **Video:**
http://youtu.be/ViUO_rtbSiA



Plank One Arm Rotation

Rest on your forearms and your toes. Lift one forearm off the ground. Twist your whole body and raise your arm directly in the air. Hold this position and then return your arm back down to the floor. This is a core strengthening exercise.

SETS	REPS
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 **Video:**
<http://youtu.be/8qSSzsQ1R10>



Plank

Rest on your forearms and your toes. Hold this position. Keep good straight posture, and do not let your back arch too much. This is a core strengthening exercise.

SETS	REPS
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 **Video:**
<http://youtu.be/noeBz0JoW-4>



Supine Bridge Basic

Lie flat on your back, with your knees bent, squeeze your bottom muscles and lift your body upwards. Keep your arms by your side and use them to help you balance. Make sure you maintain good posture (do not over-arch your lower back) and contract the deep abdominal muscles by squeezing your tummy towards your spine. This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles.

SETS	REPS
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 **Video:**
http://youtu.be/fK_xUE3OKIE



Kneeling Flexion/Extension

Kneel down, in an upright position. Place your arms across your chest, and bend forwards from your torso. Go as far as feels comfortable, and then extend back up to the start position. This exercise predominantly strengthens the lower back muscles.

SETS	REPS
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 **Video:**
<http://youtu.be/OM0Af0xz2F4>



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