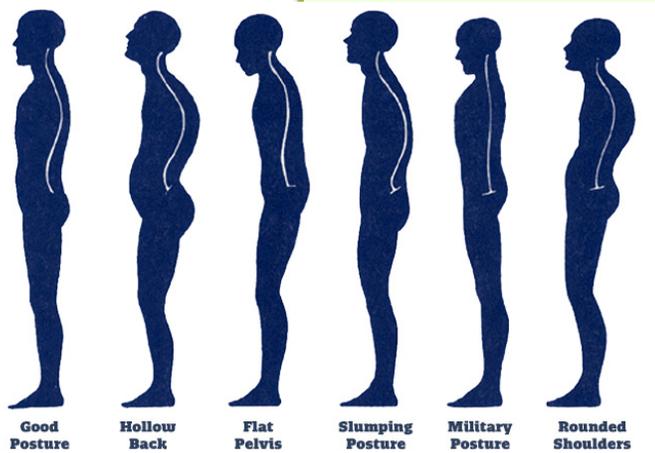


Wall Posture Alignment Check

When your posture is misaligned, your function and mobility are compromised because poor alignment creates stress on your body. Over time, bad habits like slouching, sitting on office chairs, leaning forward into the computer screens, and tilting our head when we talk on phones lead to poor posture. Having a poor posture is related to chronic backaches, headaches, shoulder, and chest pain.

Don't know how your posture is? You can easily check your posture alignment with just a wall!

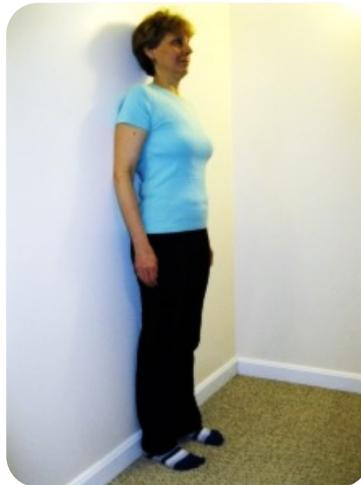
How to Check Your Postural Alignment



- ✓ Heels against the wall
- ✓ Buttocks against the wall
- ✓ Upper back against the wall with back of shoulders touching
- ✓ Arms falling laterally (not protracted at the shoulder)
- ✓ Crest of skull against the wall
- ✓ Abdominal wall contracted (core should be engaged)



(Mayo Foundation for Medical Education and Research)



(Upright Posture Fitness)



(Mayo Foundation for Medical Education and Research)

Questions and concerns? Connect with your wellness consultant!

Stretches and Exercises to Build a Better Posture

Plank

Position yourself onto your hands and knees. Plant your forearms on the floor and lift up your legs until your body is a straight line – keep your abdominals tight. Try and hold this position for 30 seconds.



V-sit

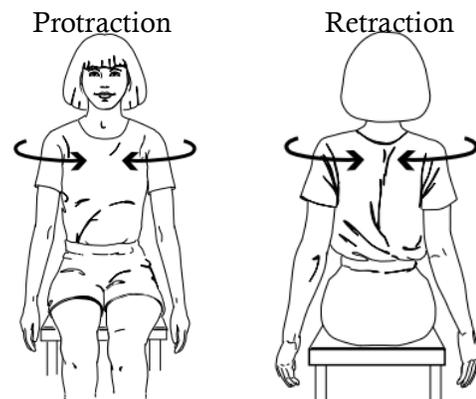
Begin in a seated position with your knees bent and off the floor. Use your core and reach your arms straight forward or towards your shins. Maintain a strong spine. Hold this “V” position for a few seconds with your abdominals engaged. Return back to starting position. Repeat 10 times.



Shoulder protraction & retraction

Protraction – internally rotate your shoulders to take your scapula away from your spine and return to neutral position. Repeat 10 times.

Retraction – externally rotate your shoulders to take your scapula closer to your spine and return to neutral position. Repeat 10 times.



Anterior deltoid stretch

While standing, clasp your hands behind your back. Slowly straighten up your elbows and raise your hands towards the ceiling while keeping your shoulders back. Remember to keep a neutral spine. Try and hold this position for 20 seconds.



Stretches and Exercises to Build a Better Posture

Pectoralis major stretch

Stand next to a wall, and extend your arm along it. Rotate your body away from the wall until you feel a moderate stretch upon across your chest. Hold for at least 30 seconds. Repeat on other side.



Pectoralis minor stretch

Stand in a doorway. Place your arm at shoulder height in a doorway at a right angle. Keep your spine straight and rotate your body away from the wall until you feel a moderate stretch upon your chest. Hold for at least 30 seconds. Repeat on other side.



Hip flexor stretch

Position yourself in a forward lunge with your left leg bent at 90 degrees and your right knee on the ground. Contract your abs and your gluts as you slightly tilt your pelvis. To increase the stretch, reach your right arm up and lean away from the side you are stretching. Hold for up to 2 minutes. Repeat on other side.

