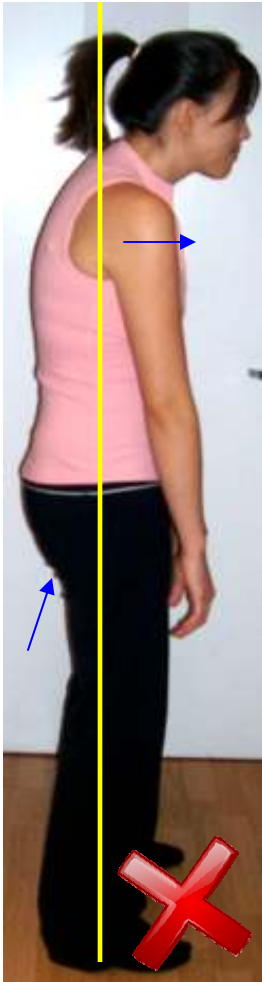




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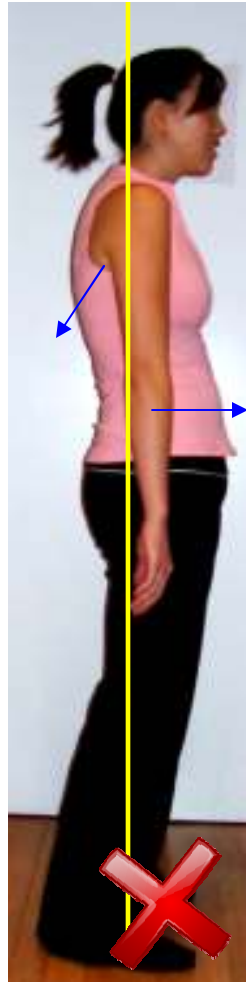
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Types of Standing Posture



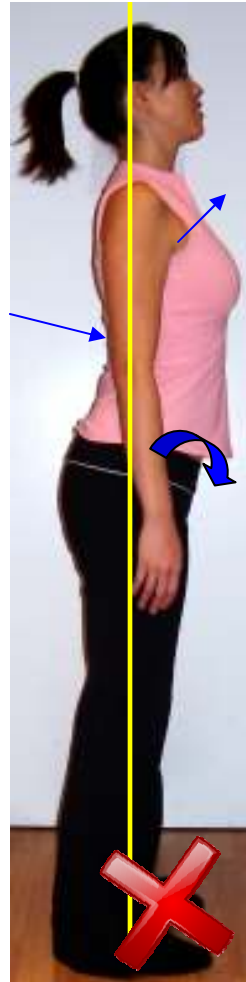
KYPHOSIS

- kyphotic or rounded upper back and shoulders
- forward head position
- flat low back
- buttocks tucked



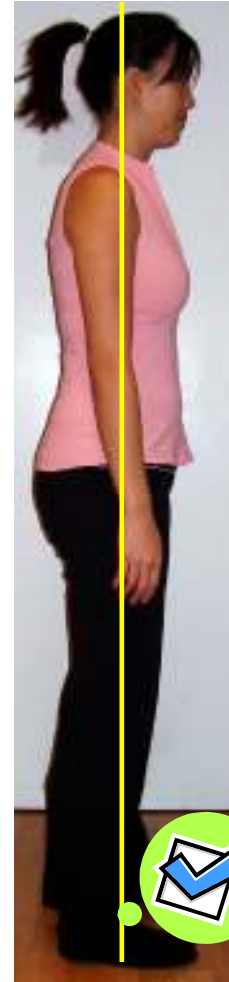
SWAY BACK

- pelvis shifted forwards
- exaggerated low back curve
- rounded shoulders
- forward head position



MILITARY

- pelvis rotated forwards
- exaggerated low back curve
- upper back
- lifting of chest



IDEAL POSTURE

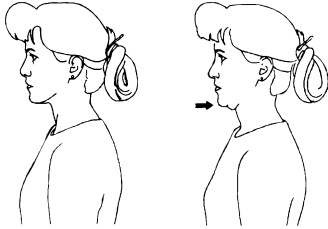
- plumb line passes through your:
- ear lobe
 - tip of shoulder
 - center of hip joint
 - center of knee joint
 - front of ankle bone



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Two Minute Office Break Stretches



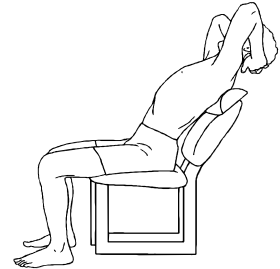
Chin Tucks—

Keep jaw parallel to floor and tuck in chin. Hold 10 seconds. Do 10 times



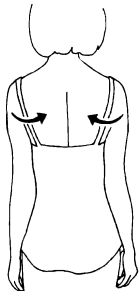
Backwards Shoulder Circles—

Sit or stand and roll shoulders backwards. Do 10 times.



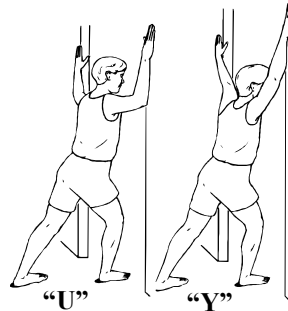
Mid-back Stretch—

Sit with your 2 hands behind neck and stretch arms open while arching the mid-back. Hold 10 seconds. Do 10 times.



Shoulder Blade Squeeze—

Get into the neutral position, tighten your core, then drop your shoulders down and in. Do not arch back or move your arms. Hold 10 seconds. Do 10 times ***This is a subtle movement.***



Door Jammer—

Stand in door jam with one foot in front of the other stretch arms in the "U" position. Hold 10 seconds. Do 10 times.

Do the same with arms in the "Y" position.

NOTE: You may do this in the seated position and form a "W" with arms as you stretch.

S.M.A.R.T TIPS

S—Stretch every 20—60 minutes throughout your workday.

M—Move, change positions or get up and walk around.

A—Activity, maintain an active lifestyle.

R—Reduce strain with a proper workstation set-up and use proper work techniques and body mechanics.

T—Talk to your physical therapist if symptoms arise, take early corrective action.