

 **DrPosture**[®]
simple daily exercises



because your health is in your posture!



Daily Spinal Warm-ups

Stretching promotes normal metabolic activity of the intervertebral discs, muscles and ligaments. It should be done in a smooth, controlled manner and should never be painful.

If you do experience any pain, please consult your health care professional. These stretches should be done at least twice each day (first thing in the morning and last thing in the evening before bed).

You will also benefit from stretching throughout the day whenever you feel your muscles stiffen. Ten repetitions to each side are suggested for each stretch.

1.



1. Spinal Rotations:

Sitting upright, slowly twist your spine as far as it will go (look over your shoulder) to both sides.

2.



2. Spinal Extension/Flex:

Sitting upright, place hands on knees. Slowly pull head back as pelvis is tilted forward, then bend your head forward as your pelvis tips backwards.

3.



3. Spinal Lateral Bending:

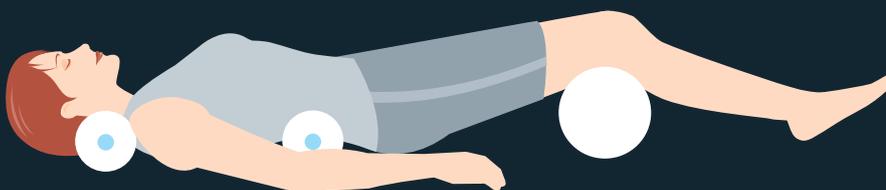
Sitting upright, bend fully to one side and then to the other (bring your ear towards your shoulder as far as you can).

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Spinal Molding

This exercise enhances spinal curves and prepares you and your spine for a restful sleep, following your evening stretches.

Lay on a neck and back roll for 10 minutes before sleeping. Place neck roll under your neck, pressed against your shoulders. Place lower back roll below your rib cage and above your pelvis. You can add a bolster under your knees for added comfort (skip this exercise if you are using the ThoracicPillow®).



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Recommended

● KneeBolster®

Made of premium memory foam. Great for placing under your knees when you sleep on your back, or between your knees when sleeping on your side, it relaxes the lower back and hips.

○ Corect Roll®

Made of memory foam and a firm core, this is designed to support your neck or lower back (lumbar region). This pillow is indispensable, and it's small enough to take with you everywhere.

Available from www.drposture.com.au or www.drposture.org





Daily Spinal Workout

These exercises are designed to strengthen, stretch and tone postural paraspinal muscles. They should not be painful. If you have difficulty performing them please check with your health care professional.

Position: Lay on your back and place a roll or towel below your lowest rib (above your pelvic bone), and another placed under your neck, snug against your shoulders. Keep knees bent and feet flat on the floor.

1.



1. Lower/Mid Back:

Grasp the right knee with both hands, and then pull that knee toward your chest as far as it will go. Repeat with your left knee. Repeat ten times with each leg.

2.



2. Lower/Mid Back Part 2:

Turn your head as far as possible to the left. At the same time, turn your knees and legs as far as possible to the right. Repeat to the opposite side. Do ten repetitions on each side.

3.



3. Sit-up:

Raise your upper body approximately ten centimeters off the floor while exhaling, then lower your upper body back to the floor. Motion should be smooth. Do not lift with your head, and use rolls or towels to support your neck and lower back if necessary.

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4.



4. Neck/Upper Back:

Place rolls or rolled towels under your neck, lower back and knees. Press your head and neck back against the rolls for two seconds, relax and repeat ten times.

5.



5. Neck/Upper Back Part 2

Press your head and neck back against the rolls or rolled towels. Then turn (rotate) your head to the right as far as it will go, hold for two seconds, relax and repeat to the left. Do ten repetitions on each side.

6.



6. Neck/Upper Back Part 3:

Press your head and neck back against the rolls or rolled towels. Then laterally bend your neck (bring ear to shoulder) to the right as far as it will go, hold for two seconds, relax and repeat to the left.

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Stabilising Exercises

Stabilising exercises strengthen your back and pelvis muscles. Strong back and pelvis muscles will help you perform most physical activities more easily and make your back more resilient. These exercises may be performed on the floor on a rug or mat.

Breathe freely and deeply during each exercise. How to perform: Repeat each of the stabilising exercises five times, alternating sides. Try to hold each position for at least two seconds on each side and gradually build up to hold the position for five seconds.

1.



1. Bridge:

Lie on your back with your knees bent. Raise your hips off the floor until your hips are aligned with your knees and shoulders. Hold and repeat as described above.

2.



2. Bridge with Knee Extension:

Lie on your back with your knees bent. Raise your hips off the floor until your hips are aligned with your knees and shoulders. Extend your left knee making sure that the left side of your pelvis doesn't drop or elevate. Hold, then return foot to floor. Perform on other side and repeat as described above.

3.



3. Prone Extension:

Lay on your stomach with hands under chin. Raise your chin, elbows and legs off the floor at the same time. Hold, lower and repeat as described above.

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4.



Quadruped: Start on your hands and knees. Place your hands directly below your shoulders, and align your head and neck with your back.

5.



4. Raise your right arm off the floor and reach ahead. Hold, then return hand to floor. Perform on other side and repeat as described above.

5. Raise your left leg off the floor to the height of your pelvis. Hold, then return knee to floor. Perform on other side and repeat as described above.

6.



6. If you can, raise your right arm and your left leg at the same time. Hold, then return hand and knee to floor. Perform on other side and repeat as described above.

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ThoracicPillow®

Our modern day life places our bodies under different kinds of stresses and demands than nature intended. When our body weight is not spread squarely over our skeleton, we put strain on the muscles of our neck and lower back. Apart from chronic fatigue, this can cause pain and premature joint damage.

Using the ThoracicPillow® is a fantastic way to reset the posture in the mornings. It reverses most common postural faults.

The Thoracic Pillow® is adjustable in height and length to fit most people. Please refer to diagrams for proper use. It is molded from a special foam that is designed to be soft enough to fit comfortably under your spine. Some areas are firmer in order to provide the necessary support for proper neck, chest and lower back alignment.



USING ALL SECTIONS



USING SECTIONS A & C



USING SECTIONS A & B

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Instructions: Simply lay on the pillow for 10 minutes. Place a bolster under your knees to relax your lower back. It's best to use the pillow in the morning and before going to sleep at night.

To gain the most benefit of your ThoracicPillow®, aim to use all sections as illustrated. If you find this uncomfortable, start using the pillow by lying on sections A & B or A & C until you are ready to use all three sections together. It is normal to experience slight discomfort when using the pillow for the first few times, as its aim is to change old postural patterns.



 *Imagine gaining all this with a simple and relaxing stretch you can do at home!*

- Your head and neck will shift back to rest over your shoulders.
- Decrease the hump at your upper back.
- Relieve stress of the muscles in your neck and upper back.
- Reduce the pressure on joints in the front of your neck and chest.
- Your chest will lift up.
- Increase your lung capacity.
- Decrease the pressure on your abdominal organs.
- The top part of your lower back will lift and shift forward.
- Relieve stress on your lower back.
- Decrease pain.
- Increase productivity.
- You'll look taller and thinner.
- You'll look smarter, more confident and secure in yourself.
- It will help you age more successfully and add to your quality of life.

Recommended

Results of using the ThoracicPillow® can be enhanced by maintaining the ManubriumLift®. To learn more go to:

www.drposture.com.au
or www.drposture.org

 **ManubriumLift®**
...one step, a few seconds, better health





Basic Core Exercises

Core exercises strengthen your core muscles, mostly muscles of your back and abdomen.

Strong core muscles will support good posture and make physical activities easier.

General instructions for the following exercises: Beginners should perform the following exercises with their body nearly in a vertical position (leaning on a tall counter). As you become stronger, set your body closer to a horizontal position (doing the exercises against a lower stable surface until you are strong enough

to do the exercises on the floor). Be sure to breathe freely and deeply during each exercise. When holding a position, align your head and neck with your back, keep your body straight, steady and firm. Hold each position for 10 seconds, and then repeat the exercises five times.

1.



Please note: you may find it more comfortable to lean on your elbows instead of your hands.

1. Back Core:

Place your hands on the surface you use for this exercise. Your stomach should be facing up. Keep a right angle between your arms and the front back of your chest.

2.



2. Front Core:

Place your hands on the surface you use for this exercise. Your stomach should be facing down. Keep a right angle between your arms and chest.

3.



3. Side Core:

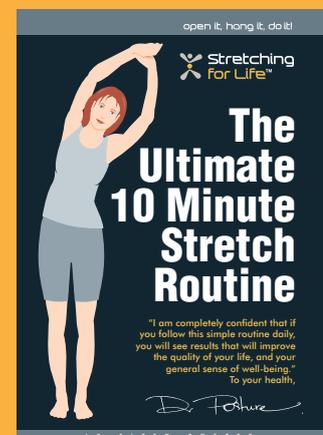
You may want to use your free hand to hold on to an object in front of you (a chair), as this exercise will challenge your stability. Left side down, place your left hand on a stable surface; keep a right angle between your left arm and the left side of your chest. Rest your right arm along the side of your body. Then repeat the exercise with the opposite side.

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Daily Checklist

Your practitioner will check those that best suit your needs:

- Spinal Warm-ups
- Spinal Molding
- Spinal Workout
- Stabilising Exercises
- Basic Core Exercises
- ThoracicPillow®
- 10 min Stretching Routine



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