Functional Movement

Posture Exercises
1. Wall Tilts

Why it Matters:
Wall tilts help with lumbar alignment and the curvature of your lower back.

How To:

• Stand against a wall.
• Place your hand in the curve of your lower back.

• Try to push against your hand, straightening your lower back.
• Try 10 of these or as many as you feel comfortable.
2. Wall Angels

**Why it Matters:**
Wall angels help to stretch out your shoulder muscles and arms. When those muscles are too tight, they can pull your shoulder blades together, causing a hunching, rounded back.

**How To:**
- Stand against the wall.
- Put your arms at your side with your hands up like you’re raising both your hands.
- Do your best to get your shoulder blades against the wall.
- Try to get your whole arm against the wall. If that’s not possible, just do your best, while trying to push against the wall.

- Slowly raise your hands up while staying against the wall, making an angel shape.
- Go up as far as you’re comfortable.
- Do this 10 times or as many as you feel comfortable.
3. Shoulder Squeezes

Why it Matters:
As we age we tend to hunch over. According to the Mayo Clinic, Kyphosis, or what we think of as having a hunched back, is not only an indicator of poor posture, can be an indicator of negative health effects like osteoporosis, arthritis and weakness in the upper back.

How To:

• Sit on a sturdy chair.
• Sit tall, with your abs tight and your chest out and shoulders back.
• Bring your hands down to your side.
• Pull your shoulders back, away from your ears.

• Try to put your arms at 90 degrees, palms facing outwards.
• Slowly squeeze your shoulder blades together. Your palms should open up even more.
• Imagine squeezing a tennis ball between both your shoulder blades.
• Squeeze back and count for 5 seconds.
• Do this 10 times to start or as many as you feel comfortable.