



REVERSE BAD POSTURE IN 15 MINUTES

20 Effective Exercises that
Fix Forward Head
Posture, Rounded
Shoulders, and Hunched
Back Posture in Just 15
Minutes per Day

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INTRODUCTION

Neglected postures, such as rounding your low back while sitting for extended periods of time in front of the computer, standing for hours stooped over, sleeping improperly, and lifting poorly, can all lead to chronic back pain.

Maintaining the natural lumbar curve in your low back is essential to preventing posture-related back pain. This natural curve works as a shock absorber, helping to distribute weight along the length of your spine.

Adjusting postural distortions can help stop back pain. A basic remedy to sitting all day is to simply get up! Frequently getting up from a seated position and doing specific, quick, and easy realignment exercises can help you reeducate your muscles from getting stuck in a concaved Cro-Magnon posture.

In today's culture, everyone seems to be constantly plugged into some device, be it a computer, laptop, tablet, or smartphone. Sedentary lifestyles inevitably result in thousands of hours spent with your body resembling a **human question mark**—head jutting forward, shoulders are rounding, and stomachs getting closer to your knees.

The term “Text Neck” has been used time and time again to describe the repetitive-use injury that occurs to your upper back, neck muscles, forearms, wrists, and hands caused by a combination of poor posture, excessive texting, and smartphone use

One of the most common Text Neck symptoms is a **crick in the neck** and upper shoulders. This can develop from ... **over-stressing your neck muscles** from excessive texting, **awkward sleep positions**, harshly twisting or **turning your head** during exercise, and from clocking hours of **Quasimodo-like keyboard posture** while hunching over your desk.

Did you know that for every inch the head moves forward in posture, it increases the weight of the head by a staggering 10 pounds? The average head weighs approximately 11 pounds. So, with that knowledge, when a head is held forward from the shoulders by only 3 inches, it causes approximately 43 pounds of pressure on the neck and upper back muscles.

Now that's a potential for a **43-pound headache**. Yikes!

If you have Text Neck, then it's also very likely that you have **rounded shoulders**.

Rounded shoulders cause your upper back muscles to overstretch and tighten the chest muscles. **This posture can potentially compress the brachial plexus**, the network of nerves that originate in the neck and feed into the armpit region and down into the arms. A brachial plexus impingement can lead to a number of problems, ranging from **numbness in the hands** to **thoracic outlet syndrome** or **carpal tunnel-like symptoms**.

REVERSE BAD POSTURE IN 15 MINUTES ROUTINE

The following 20 exercises were designed to fix forward head posture, rounded shoulders, and hunched back posture in just 15 minutes per day.

Let's begin. It should take about 15 minutes to complete these 20 exercises.

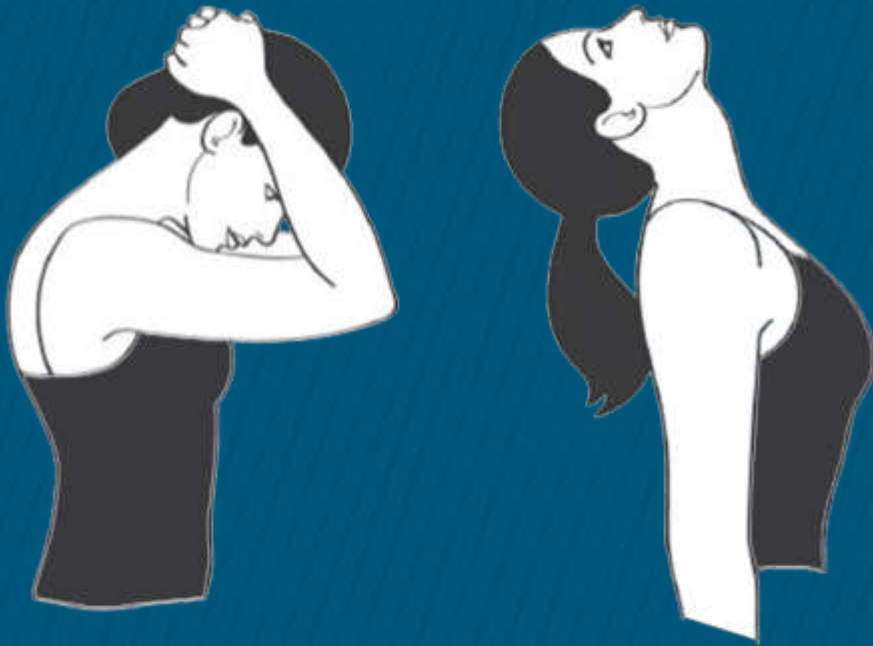
1 CHIN NOD EXERCISE (NECK FLEXION & EXTENSION)

During any given day, a person will assume a forward head posture at least once. This could happen when you drive your car, sit at your desk, use your smartphone or iPad, or find yourself listening intently to someone.

Remember that for every inch the head moves forward in posture, its weight increases by 10 pounds. If only the human head were as flexible as an owl's—rotating 270 degrees without breaking blood vessels or tearing tendons. The owl's head is connected by only one socket pivot, whereas a person's head is connected by two socket pivots. This limits our ability to possess *Exorcist*-like head-spinning skills.

We can, however, increase our neck flexibility and range of motion by practicing the stretches listed below. Remember to stop if stretching becomes painful and you feel like you're straining your neck muscles. Stretching your neck forward is called flexion. It helps to elongate the muscles in the back of the neck.

Stretching your neck forward is called **flexion**. It helps to elongate the muscles in the back of the neck. This is done by performing chin to chest movements.



Sit straight in a chair with the back properly supported. Start by placing the head and neck in a midline position. Bend the head forward until the chin touches the chest.

When it is difficult to reach the chest, flex the neck as far as it can go without pain.

Hold the position for 20 seconds. Bring the head back in a straight midline position. Perform the stretch three to four times.

Stretching your neck backward is called extension. Place the head in a midline position. Bend your head backward, as if looking in the sky. Hold the position for 20 seconds and return to starting position. Do this three to four times.

2 JUST SAY NO EXERCISE (NECK ROTATION)



Start by looking straight ahead, and then look over your right shoulder. Hold for two seconds, and then release. Repeat 10 times, and then do the same on the left side.

3 EAR TO SHOULDER STRETCH (LATERAL FLEXION)



Start out in a seated position, making sure not to slouch.

With your right hand, grab underneath the seat of your chair and slightly pull up. Then with your left hand, drape it over your right ear. Now gently bring your right ear toward your left shoulder. Hold the stretch for about two seconds and repeat 10–20 times. Repeat on the opposite side.

Tip: Look straight ahead and try to keep your chin slightly tucked.

4 LEVATOR SCAPULA STRETCH

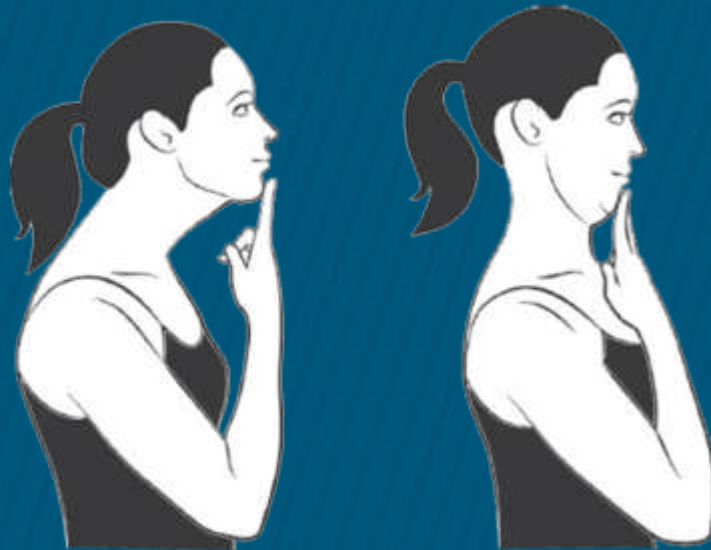
Just as you started with the Ear to Shoulder stretch, grab underneath the seat of your chair with your right hand and slightly pull up. Now turn your head toward your opposite knee (in this case, the left knee), and tilt your chin down toward your chest and point your nose toward your armpit.

With your left hand, grasp right behind the base of the skull or hairline and gently pull it toward your left shoulder. Whatever you do, don't sniff your armpit. (Good, you're paying attention.) Hold the stretch for about two seconds and repeat 10–20 times. Repeat on the opposite side.



5 CHIN TUCK

The Chin Tuck exercise can help reverse forward-head posture by strengthening the neck muscles. This exercise can be done sitting or standing.



Start with your shoulders rolled back and down. While looking straight ahead, place two fingers on your chin, slightly tuck your chin and move your head back. Hold for three to five seconds and then release. Repeat 10 times.

Tip: The more of a double chin you create, the better the results. If you're in a parked car, try doing the Chin Tuck pressing the back of your head into the headrest for three to five seconds. Do 15 to 20 repetitions.

6 TOWEL STRETCH

Grab a rolled-up towel or T-shirt. Place it behind your neck just above the bony point (called the occiput). Make sure your ears are in line with your shoulders.

Now create tension by pulling the towel forward and away from you.

Slowly raise your head up, for about two breaths, keeping that tension while slowly moving the towel up.

Next, extend the neck a bit farther while maintaining the towel tension for about five breaths. Then return back down to a neutral neck position for two breaths.

<http://www.functionalsportstherapy.com/resetting-text-neck/>



7 WALL ANGEL

Keep your feet about 4 inches away from the wall and maintain a slight bend in your knees. Your glutes, spine, and head should all be against the wall as you bring the shoulder blades together and squeeze, forming the letter “W” with your arms. Hold for three seconds.

Now, raise your arms up to form the letter “Y.” Make sure not to shrug your shoulders to your ears. Repeat this 10 times, starting at “W,” holding for three seconds, and then raising your arms into a “Y.” Do two to three sets.



8 DOORWAY STRETCH—THE CONTRACT-RELAX-STRETCH VERSION

This exercise loosens those tight chest muscles.



First, reach your arm outward 90 degrees. Then, place your hand on the doorjamb and lean forward.

Slowly, lean into your raised arm and push against the doorjamb for 7 to 10 seconds. Relax and then stretch your bent arm back and stretch your chest for 7 to 10 seconds. Repeat this stretch two to three times.

9 CHAIR POSE



Keep your feet slightly wider than your shoulders, push your hips back, squeeze your glutes, don't lock your knees, and then assume the squat pose. Bring both arms over your head and lengthen through your fingertips.

Pull the shoulders down and relax the neck. You'll keep a lengthening in your back and a tightness in your abs. The weight is in your heels. Hold the position for 5-10 breaths.

10 BENT OVER L

The Bent over L exercise works your shoulders and upper back muscles.

Begin by bending over at the waist with your hips back and your knees slightly bent.

While maintaining a flat back and raised chest, glide your shoulder blades back and down, and then lift your elbows toward the ceiling, as you bend them to 90 degrees.

When your elbows reach shoulder height, rotate your forearms upward, until the backs of your hands are facing the ceiling.

Reverse this pattern back to the starting position and repeat for 10 repetitions. Do three sets.

<http://www.coreperformance.com/knowledge/movements/lb-bent-over.html>



11 BENT OVER THORACIC ROTATION



Start in a standing position, then bend over with a good neutral spine position. Then follow your hand with your eyes as you rotate up toward the ceiling.

Make sure to move entirely through your upper back, keeping your hips and belly button level to the ground the entire time.

Alternate rotating up to the left and right. Do three sets of 10 rotations.

<https://www.youtube.com/watch?v=NF9OwEYu1JE>

12 PLANK POSE

Start on your hands and knees, with your wrists directly under your shoulders.

Press down through your forearms and hands. Make sure to keep your chest raised and your belly button pulled in toward your spine.

Tuck your toes and step back with your feet, bringing your body and head into one straight line.

Do not let your hips drop or your butt stick up in the air. Your shoulders should be directly above your wrists, your abdominal muscles contracted.

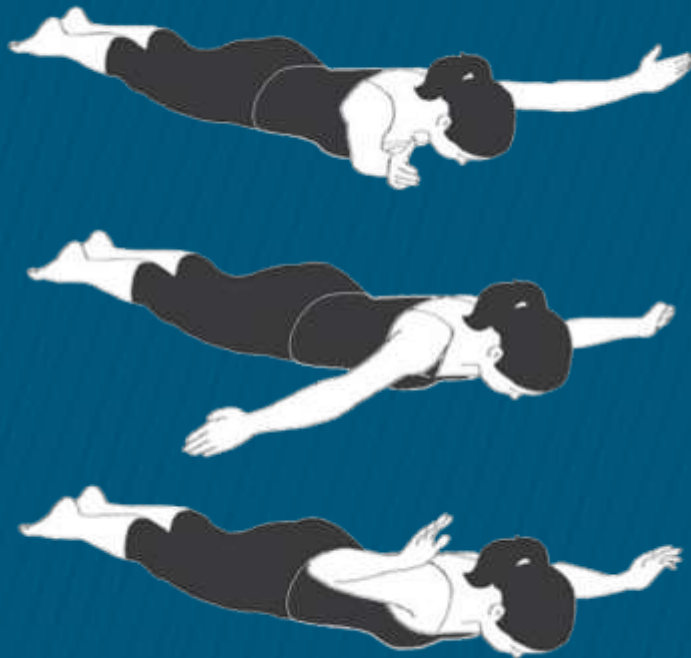
Hold this plank pose for about five breaths.

To finish, slowly lower yourself onto your knees and rest for another five breaths.

<https://www.yogaoutlet.com/guides/how-to-do-plank-pose-in-yoga>



13 PRONE YTW EXERCISE



Step 1: The “Y”

Lie on your stomach (preferably on a mat), gently exhale, and slowly lift your arms off the floor, moving your arms into the “Y” formation with palms facing inward. Keep your head aligned with your upper spine. Focus on lifting from the shoulders and not the low back. Hold this position for one to two seconds, then relax and return to your starting position. Perform 10 repetitions.

Step 2: The “T”

From the same starting position, gently exhale, and slowly lift your arms off the floor, moving your arms into the “T” formation, as illustrated, with palms facing forward. Hold this position for one to two seconds, then relax and return to your starting position. Perform 10 repetitions.

Step 3: The “W”

Gently exhale, and slowly lift your arms off the floor. Bend your elbows and pull them toward your waist, forming the letter “W” with your palms face inward.

Hold this position for one to two seconds, then relax and return to your starting position. Perform 10 repetitions.

<https://www.youtube.com/watch?v=3MxHX9j15BU>

14 LOCUST POSE



Lie on your stomach on the floor with your arms at your side. Lift your head and chest off the floor. Hold your glutes (buttock muscles) tight, and squeeze your shoulder blades together. Hold the position for 5–10 breaths.

Caution: If you have disc issues, avoid this pose, as it might extend your back too much, potentially compressing the spinal discs.

15 HIP FLEXOR STRETCH

To effectively stretch the hip flexors, first kneel on your right knee, with toes down, and place your left foot flat on the floor in front of you.

Place both hands on your left thigh and press your hips forward until you feel a good stretch in the hip flexors.

Contract your abdominals, and slightly tilt your pelvis back while keeping your chin parallel to the floor. Hold this pose for 20–30 seconds, and then switch sides.

Tip: To accentuate this stretch, reach your hands over your head and arch your body back.



THE FOLLOWING FIVE EXERCISES REQUIRE A RESISTANCE BAND

16 THE X-MOVE (ALSO CALLED SEATED ROW)

This exercise helps strengthen your upper back muscles, especially the muscles between your shoulder blades, called the rhomboids.



To do the X-Move, sit on the floor with your legs extended forward. Securely wrap the middle of the band around your feet to prevent it from slipping.

Grasp the ends of the band with your arms extended in front of you so that you form an “X.”

Pull the ends of the band toward your hips, bending your elbows. Hold and slowly return. Do 8 to 12 repetitions for three sets.

Tip: Keep your knees and back straight.

† Sometimes called elastic stretch bands, these are available at fitness centers, athletic stores, department stores, or online.

17 THE V-MOVE (WITH RESISTANCE BAND²)

According to a 2013 study by the Scandinavian Society of Clinical Physiology and Nuclear Medicine, 50 percent of office workers will suffer from neck and shoulder pain every year from prolonged periods of poor posture while at work.

According to the researchers, performing this simple resistance-band exercise 2 minutes a day, five times a week, will significantly decrease your neck and shoulder pain and improve your posture.



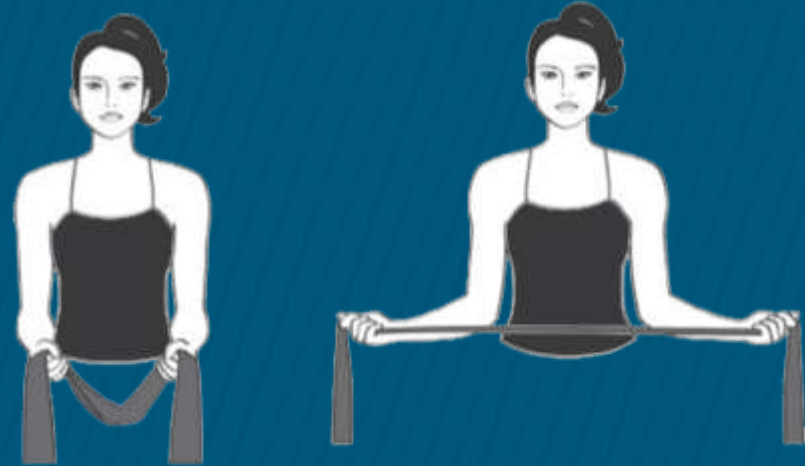
Assume a staggered stance position. Grasp the handles, or the ends, of the resistance band and lift your arms upward and slightly outward away from your body about 30 degrees.

Keep your elbows bent about 5 degrees. Stop at shoulder level; hold and return.

Make sure to keep your shoulder blades down and avoid shrugging your shoulders and keep your back straight. Repeat this exercise for two minutes each day for five (work) days.

This exercise works better with resistance tubing with handles, but the resistance bands will also work.

18 RESISTED EXTERNAL ROTATION



With your arms by your sides and the elbows bent, hold the resistance band between your hands with your palms facing up.

Move your hands apart to rotate your shoulders while squeezing the shoulder blades together down and back.

Repeat 10 times and do three sets.

<https://www.youtube.com/watch?v=4tpl-huz060>

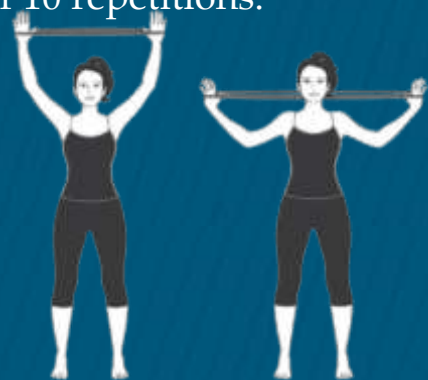
19 LAT PULL DOWN WITH RESISTANCE BAND

The muscles of the upper back are very important to maintaining good posture and shoulder stabilization. This area is prone to dysfunction because of poor posture associated with rounded backs. This Lat Pull Down exercise helps to strengthen and reverse the negative effects of this postural distortion.

Begin by grasping a medium resistance band loop around each hand and raising it above your head.

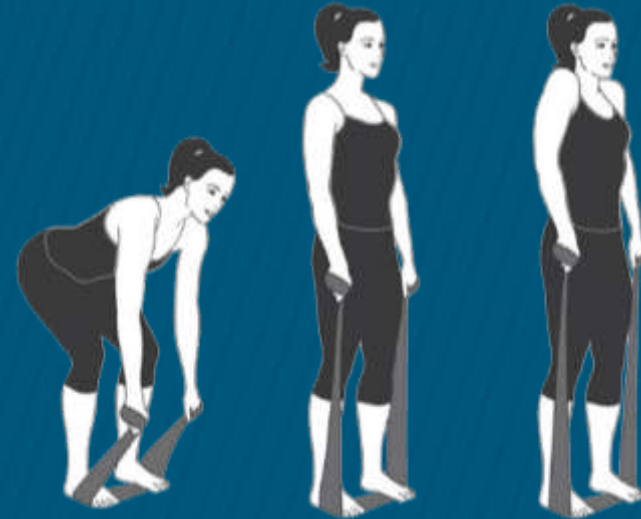
Next, pull down the band and push out at the same time. Hold for two seconds and slowly return.

Do three sets of 10 repetitions.



<http://www.performancehealthacademy.com/thera-band-loop-lat-pull-down.html>

20 SHOULDER SHRUG



Stand in the middle of a single piece of resistance band, with your feet shoulder-width apart. Grasp the ends of the band in each hand with an overhand grip; hands to the sides of your body, palms facing your legs; feet shoulder-width apart, knees slightly bent.

Slowly shrug your shoulders, raising them as high as possible. Pause for a moment at the top and lower them slowly, back to the starting position. Do three sets of 10 repetitions.

<http://www.2createabody.com/resistance-band-exercises-page3.html>

CONCLUSION



Maintaining good posture whether you're sitting, standing, or just strolling down the street is essential if you want to avoid the horrors that come with slouched back and turtle-neck posture.

This 15-minute bad posture fix routine should definitely help improve your posture and prevent traumatic neck, shoulder, and back pain episodes from wreaking havoc on your life by keeping your spine in a more aligned and neutral position.

Remember, you are the best version of yourself when you adapt good posture habits. You'll feel happier, healthier, and maybe even look 3 inches taller.