



Posture Perfect

Fix your posture with these 12 essential
physio-recommended exercises



A note from our physiotherapist

We understand that your journey to better posture is unique, which is why this program has been carefully tailored to equip you with the right exercises and stretches to improve your posture and alleviate those aches and pains.

I'm Aba, a physiotherapist with over 10 years of experience, and I've designed this program to address your specific needs.

Over the years, research has taught us that no one posture is more "Ideal" than the rest. To stay pain free, people should change posture positions often. There's no perfect posture. Your best posture, is your next posture.

Good posture not only enhances your physical appearance but also contributes to your overall well-being. Whether you've been struggling with neck pain or simply want to carry yourself with confidence, each of the following 12 exercises is handpicked to improve your strength and flexibility, and increase body awareness, all while taking your unique challenges into account.

It's important to note that you shouldn't attempt all 12 exercises at once. Instead, start gradually. Begin with a few exercises a day, focusing on mastering each one before moving on to the next. As you progress, you'll find that the later exercises, designed to be more challenging, become achievable milestones on your journey to better posture.

By committing to this program and following this gradual approach, you're taking a proactive step towards a healthier you.

Let's embark on this journey together and work towards standing tall with comfort and confidence!

1. Chin tuck

2 sets / 10 reps / 10 second hold



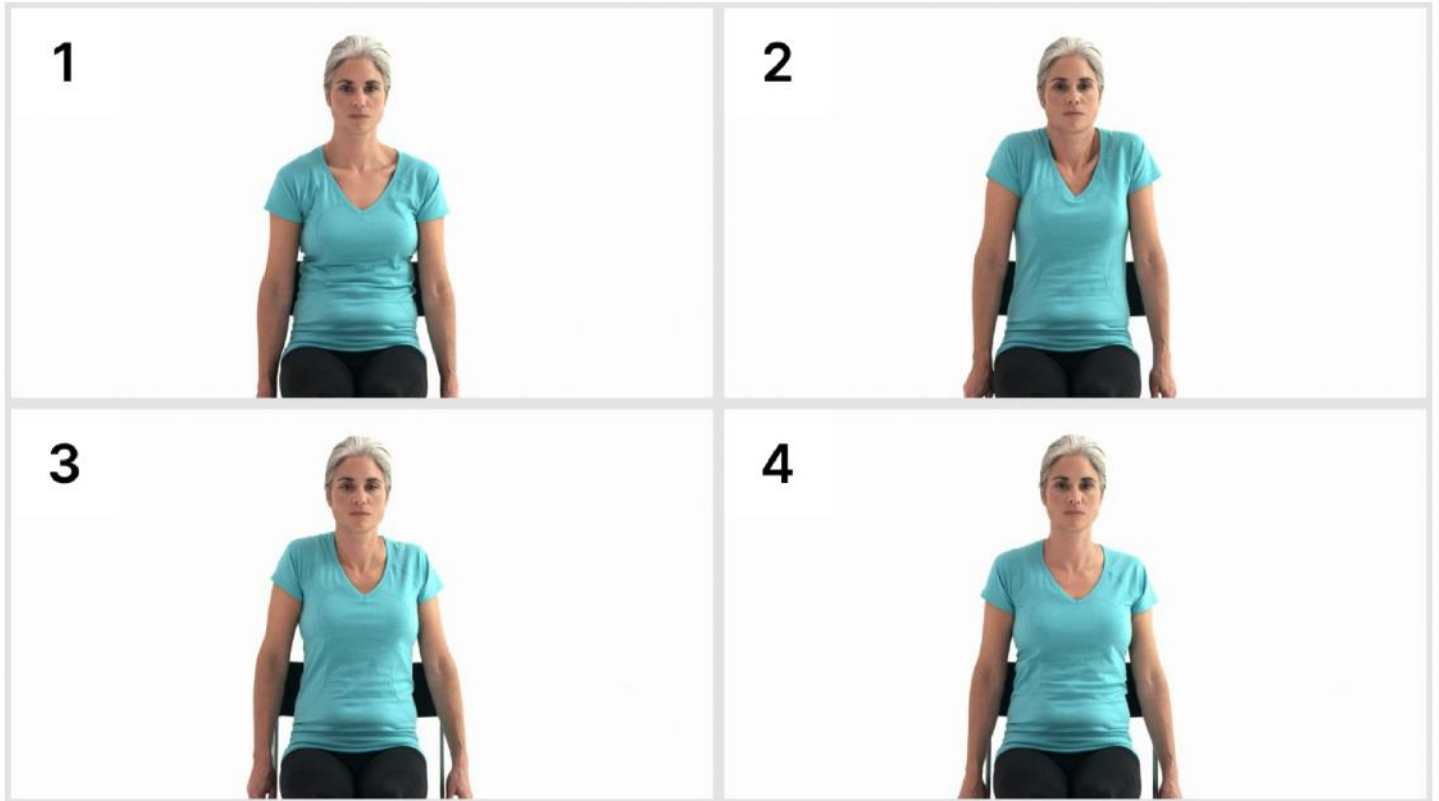
Stand straight, looking ahead, and place two fingers on your chin.

Push your chin so that your head goes straight back, lengthening through the back of your neck, and keeping your eyes forwards.

Hold, and then relax.

2. Shoulder rolls seated

3 sets / 10 reps



Sit upright in a chair and shrug your shoulders up to your ears, then roll them back and downwards, squeezing your shoulder blades together.

This exercise is very important for maintaining good posture, and mobility in your shoulders and upper back.

3. Sphinx with chin tuck

3 sets / 10 reps / 30 second hold



Lie down on your front with your elbows bent and forearms by your chest.

Push yourself up to lift your chest from the floor so that you are resting on your forearms.

Walk your forearms forward if required, so that your elbows are under your shoulders.

Ensure your forearms are parallel and fix your gaze between your thumbs.

Press your forearms and elbows into the floor so that your shoulder blades move onto and around your rib cage.

Keeping this strong position in your upper body, lengthen through the back of your neck.

Simultaneously tuck your chin while lengthening through the back of your neck. Your head should not tilt down towards the floor. It should remain in line with your body at a diagonal and simply move slightly further away from the floor.

Hold this position. Relax your head, and then repeat.

4. Overhead reach - with side bend

3 sets / 10 reps / 30 second hold



Stand tall with your arms straight overhead.

Bend laterally to one side at the hip.

Return to the starting position.

Repeat the movement in the opposite direction.

Continue alternating sides to complete the set.

5. Rhomboid stretch using door frame

3 sets / 10 reps / 30 second hold



Stand up straight with the side you would like to stretch sideways to a door.

Reach the arm closest to the door forwards and grasp the door frame around chest level. Your arm should rotate inwards so that your thumb points down.

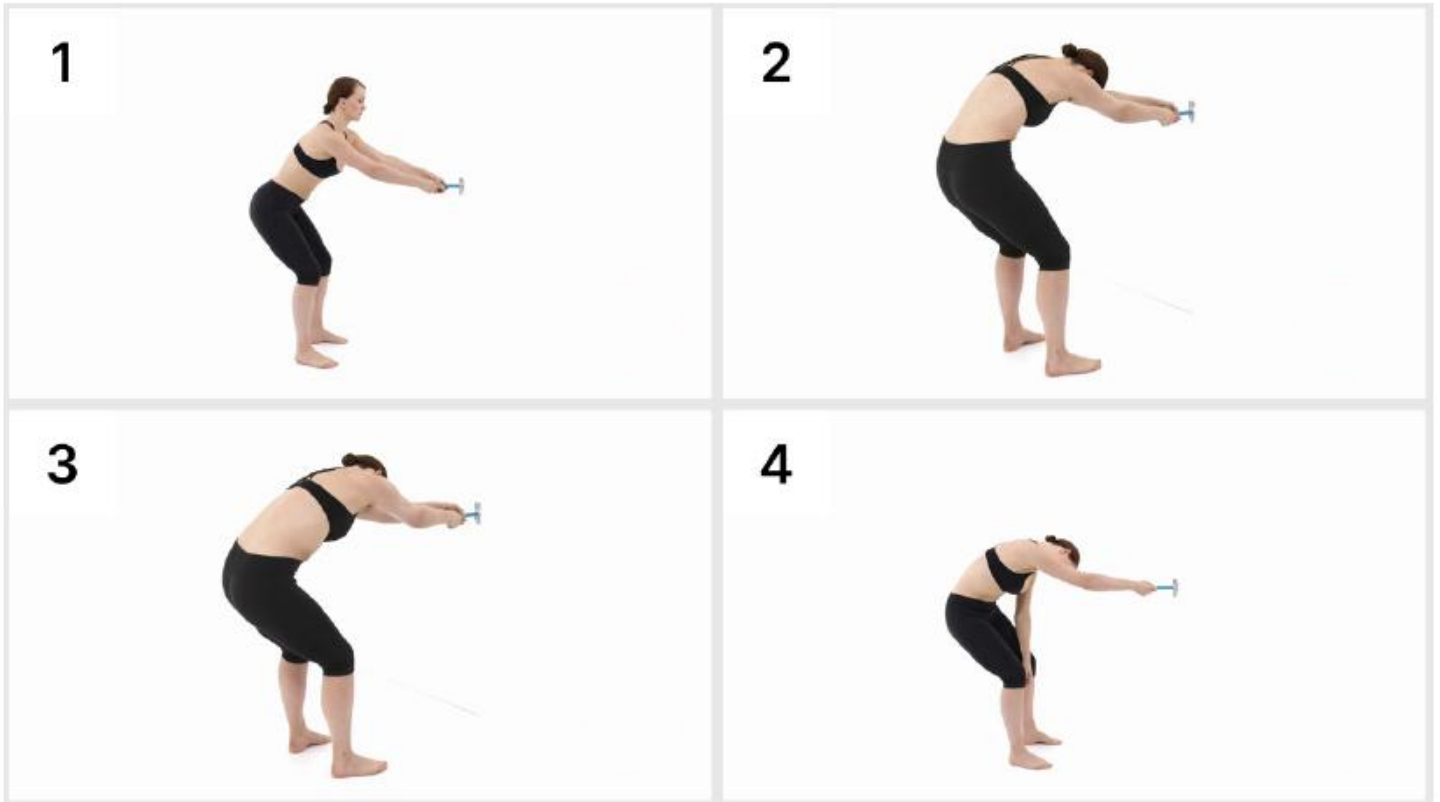
Keeping your arm straight, step your body round to face the door. Do not allow your shoulder to hunch or your body to lean.

You should feel a stretch across your upper back and perhaps the back of your arm.

Hold this position, using your breathing to relax into the stretch.

6. Latissimus dorsi stretch door

3 sets / 10 reps / 30 second hold



Stand up straight facing a door or rail. Hold onto the handle with both hands.

Bend your knees a little and lean back off the door, pushing your hips back behind you.

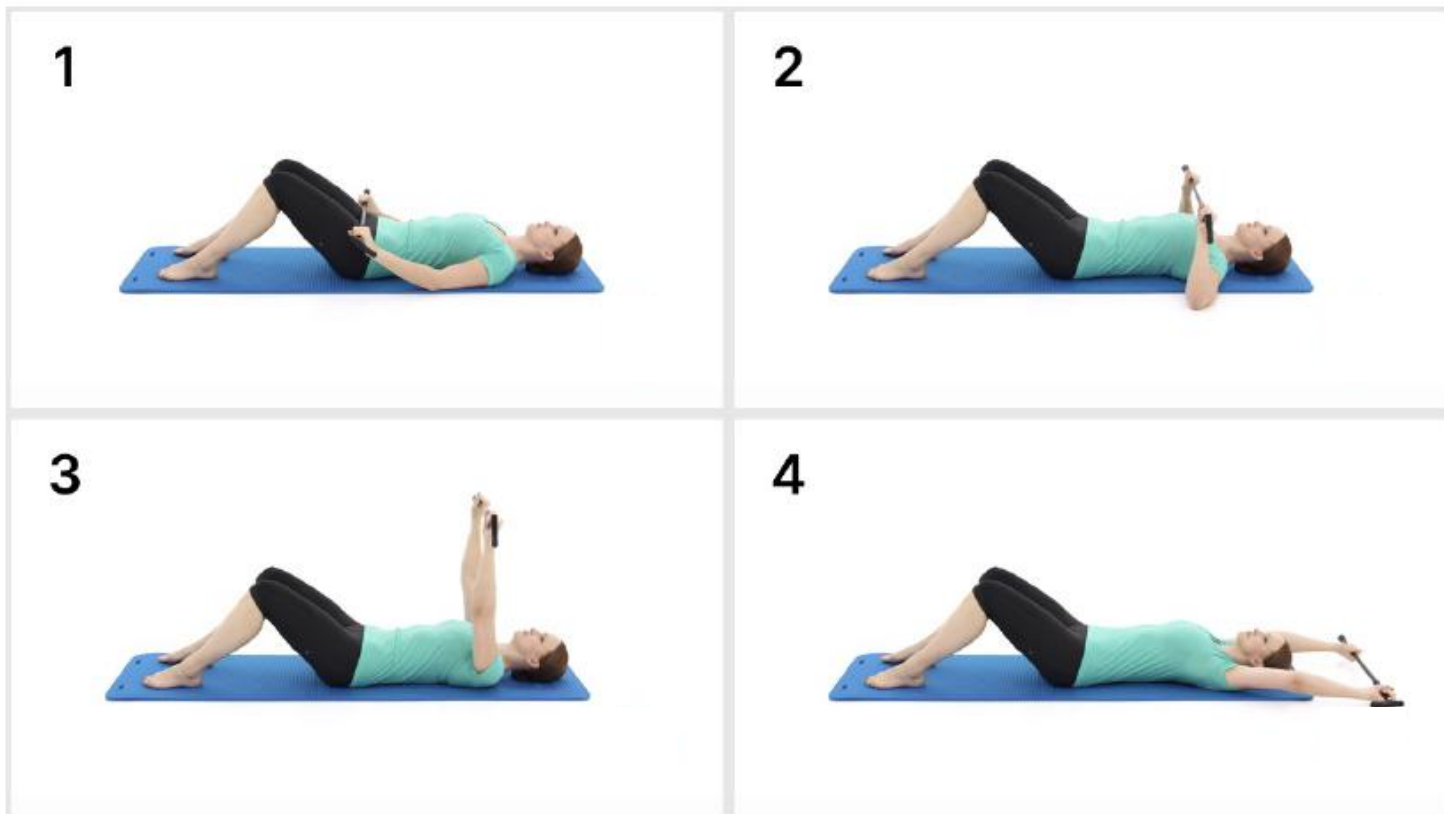
Round your back and tuck your tail bone under. Keeping this position, side bend away from the side you would like to stretch.

You may also wish to reduce your grip, or even let go of the handle, on the opposite side you'd like to stretch.

Hold this position.

7. Shoulder flexion in supine with stick - chest press, over head

3 sets / 10 reps



Lie on your back holding a stick across your body in each hand.

Bend your elbows so that the stick lies across your chest.

Your arms should be around shoulder width apart, or slightly wider depending on what is comfortable.

Using your unaffected hand to assist the movement, lift the stick directly up into the air above your chest.

Raise the stick up and over your head, aiming to touch the floor above you. It's ok if your elbows soften a little here.

Control the movement as you slowly lower your arms back down again, and repeat.

8. Shoulder horizontal abduction prone

3 sets/ 10 reps



Lie on your front with your arms by your side and your palms facing downwards.

Lift your shoulders, pulling your shoulder blades back and down.

Lift your arms slightly off the floor and then move them out to the side and up towards the side of your head in an arch.

Slowly return to the start position and relax your arms, then repeat.

Note, a weight can be added to your arms to increase the difficulty of this exercise.

9. Scapula protraction in press up position

3 sets / 10 reps / 30 second hold



Kneel down with your hands under your shoulders and knees under your hips.

Lift your knees off the floor and straighten your legs so that you are in a press up position.

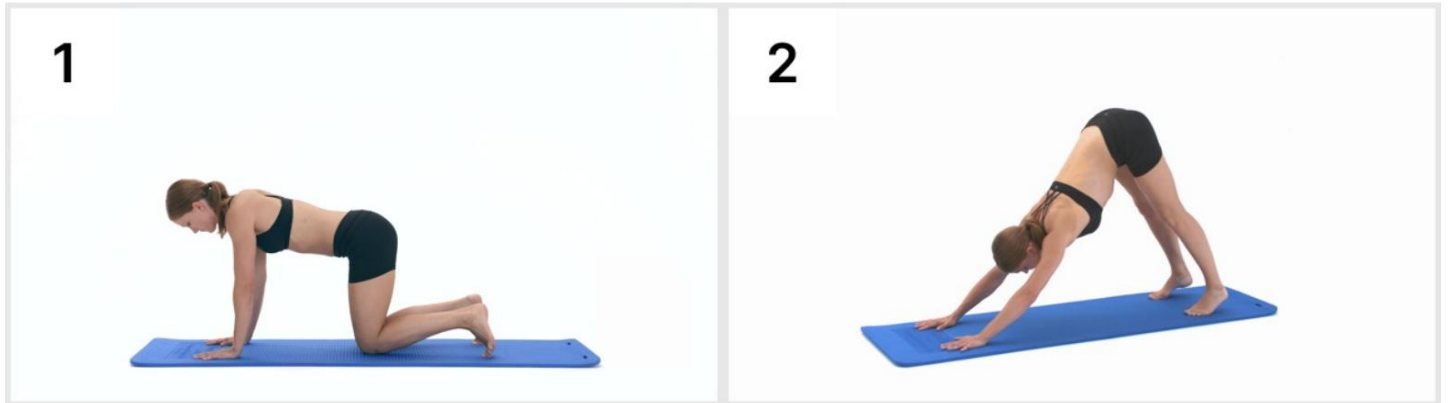
Maintain a straight line from the top of your head to your heels. With your core strong and your arms straight, drive the heels of your hands into the floor so that your shoulder blades flatten firmly against your back. Your back should not round as you do this.

Hold this position.

Relax your shoulder blades and then repeat, ensuring you keep your arms straight throughout.

10. Downward dog from 4 point

3 sets / 10 reps / 30 second hold



Start on your hands and knees.

Place your toes on the mat and press your hips back and up toward the ceiling.

Slightly bend your knees and lengthen the spine.

Push the floor away from you and straighten out your legs, pressing your heels down toward the floor.

11. Shoulder I raise in prone - palms down

3 sets / 10 reps / 15 second hold



Lie on your front with your forehead rested on a small towel.

Keeping them straight, move your arms out to your sides and up so that your upper arms lie beside your head.

Your palms should be facing the floor.

Keeping your chest and head in contact with the floor throughout, squeeze your shoulder blades together, and then lift your arms off the floor. Hold this position.

Relax and repeat.

12. Neck Stretcher lay down

3 sets / 30 second hold



Lie on your back.

Place the neck stretcher behind your neck.

Bend your knees, and place hands beside your head.

Hold this position for 30 seconds and then lift your head and repeat for a total of 3 sets.

If you would like to know where you can purchase a Neck Stretcher check out our website by clicking the button below.

[Neck Stretcher](#)



**Recover faster.
Move better.
Feel stronger.**

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