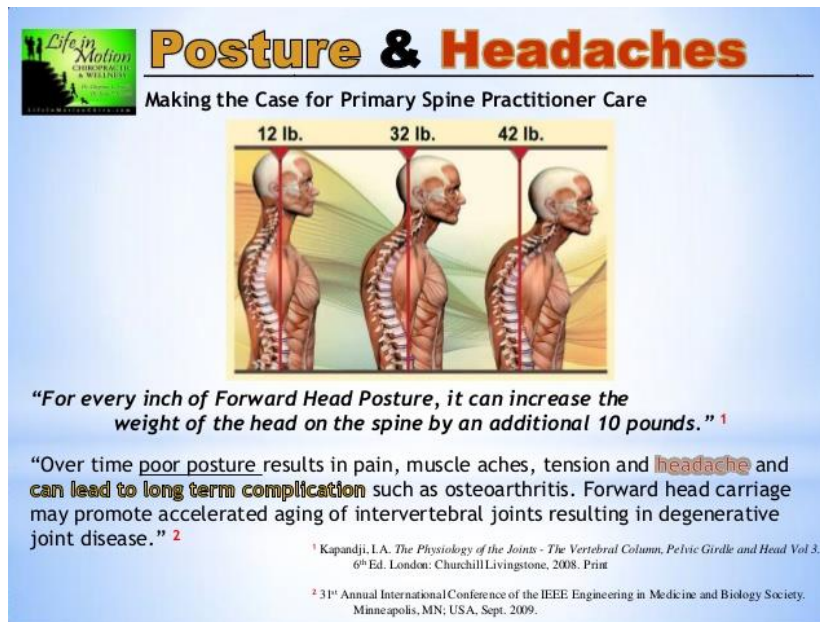


EXERCISES TO PROMOTE PROPER WORK POSTURE



Posture & Headaches
Making the Case for Primary Spine Practitioner Care

12 lb. 32 lb. 42 lb.

"For every inch of Forward Head Posture, it can increase the weight of the head on the spine by an additional 10 pounds." ¹

"Over time poor posture results in pain, muscle aches, tension and headache and can lead to long term complication such as osteoarthritis. Forward head carriage may promote accelerated aging of intervertebral joints resulting in degenerative joint disease." ²

¹ Kapandji, I.A. *The Physiology of the Joints - The Vertebral Column, Pelvic Girdle and Head* Vol 3, 6th Ed. London: ChurchillLivingstone, 2008. Print

² 31st Annual International Conference of the IEEE Engineering in Medicine and Biology Society, Minneapolis, MN; USA, Sept. 2009.

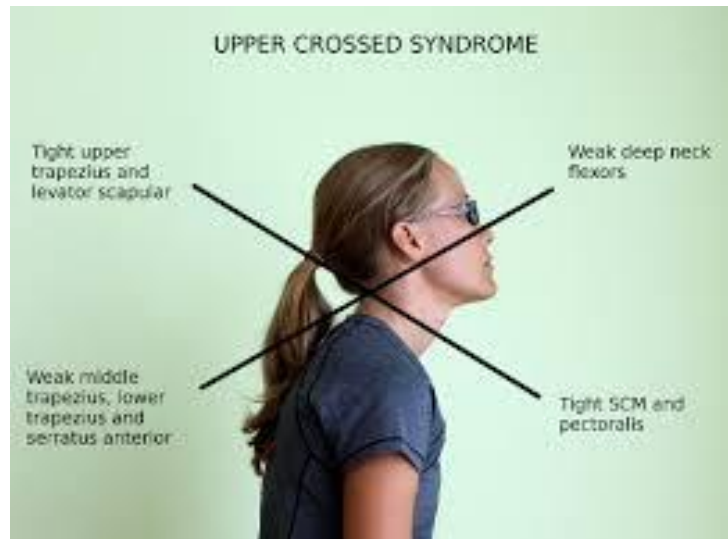
Stand with your back against a wall - heels, gluts, and head touching the wall. If you have difficulty getting your head to touch the wall without looking up or arching your back, you have a forward head posture (see above). This will lead to pain and degeneration. Work DAILY to get your head to the wall without looking up. Try to maintain position when you walk away from wall.



This.....



leads to this:



With forward head rounded shoulder posture, some muscles are tight while others are weak. Sitting at a desk working on a computer all day encourages this poor posture. The following exercises will address this tightness/weakness and should be performed throughout the day:

1. Upper trap (ear to shoulder) and levator scap (chin to armpit) stretches:
Hold 30 seconds, repeat 3 times or throughout the day



2. Shoulder pinches/retractions: Sit up tall and pinch your shoulder blades together. Hold 10 seconds, repeat 10 times/hour.



3. Doorway pect stretch: stand with forearm against doorframe, elbow bent 90°; take a small step forward and slightly rotate your body away from your arm until you feel a good stretch in your pect/chest. Hold 30 sec and repeat 3 times. Repeat with your arm in slightly higher and lower positions to focus on different parts of the pectoralis muscle.



4. Deep neck flexor strengthening: lay on your back and tuck your chin in; lift your entire head 1 inch off the table without allowing your nose to move up and down and hold for 10 seconds. Can perform in standing: push head back, resisting with hands. Hold 10 sec, repeat 10 times.



TIPS WHILE WORKING AT YOUR DESK:

1. Keep your chair scooted up close to the desk to keep you from leaning forward; your back should always touch the back of the chair
2. The computer screen should be at eye level
3. Proper chair height: your knees should be slightly lower than your hips and your ankles directly under your knees
4. Use a pad or the desk to support your forearms when you type; do not type without this support or your neck muscles will get very tight as they are forced to support the weight of your arms

