

## Patient information factsheet

# Exercises to improve your posture

### Upper back (thoracic spine) stretches

#### Rotation

Sit on a chair and cross your arms over your chest.

Turn to the right and hold. Now turn to the left and hold.

Let your eyes follow the movement.



#### Straightening

Option 1: Lift your breastbone.

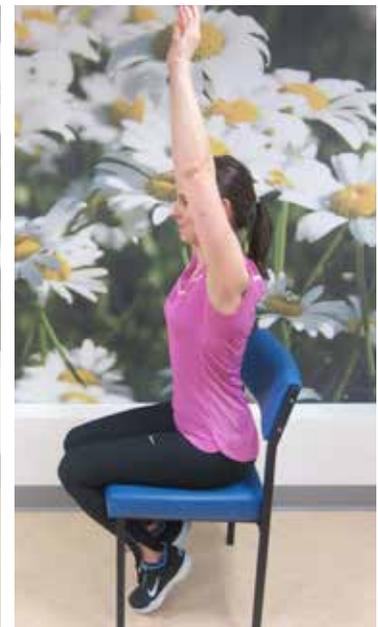
Option 2: Lift your arms straight above your head.

Feel a stretch in your upper back.

DO NOT let your lower back move. All the movement should be felt in your upper back.

Option 3: Let your arms slide forward on the floor. Sit down at the same time as pushing your chest downwards.

Feel the stretch in your upper back.



## Side bend

Sit on a chair

Option 1: Cross your arms over the top of your head. Lean to the left and hold and then lean to the right and hold.

Option 2: Raise your right arm above your head, lean to the left and hold. Swap arms and then lean to the right and hold.



## Straightening

Use a rolled up towel or a back stretcher.

Ask your physiotherapist for advice on how to use these.

The towel can be moved up or down.



## Lower back (lumbar spine) stretches

### Side bend

While standing bend to the side and slide your hand down your left leg and hold.

Then slide your hand down your right leg and hold.



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## Bending (flexion)

Option 1: Lying on your back, bring your knees up towards your chest and feel a stretch in your lower back.

Option 2: Sit on a chair and bend forward between your knees.



## Leg stretches

### Calf stretch

Stand with one leg in front of the other.

Bend your front knee and keep your back knee straight.

Keep your toes pointing forwards.

Feel a stretch in the calf of your back leg.

Hold and then repeat with the other leg.



### Quads stretch (front of thigh)

Stand supported (if you need to).

Bend one knee and hold your ankle.

Gently push your foot into your hand while pushing your hips forward, try not to pull the foot up as this puts pressure on your knee joint.



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## Hip stretch (front of hip)

Kneel on one knee.

Gently tighten your stomach muscles and keep your back straight.

Push your hip forward and feel a stretch on the front of your kneeling leg.



## Posture correction exercise

Tuck your chin in. —————

Lift chest bone up and forwards. —————



Relax your shoulders.

Tighten your lower stomach muscles and pelvic floor.

Relax your knees so they are not locked.

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