

Optimizing Posture

STABILIZING WITH POSTURAL MUSCLES

(Specifically multifidi and transverse abdominals)

Horizontal Shoulder Extension

Bilateral

- 1. Stand in Mountain Pose with a light engagement of the transverse abdominals.
- 2. Bring your hands in front of you (north), just below shoulder height, with the elbows straight.
- 3. Place the Theraband between your hands and hold it taut.
- 4. Inhale to prepare, exhale and pull the band out so that your hands point east and west.
- 5. Inhaling, bring your hands back in front of you. Repeat this 15 times.

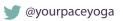
Unilateral

As above, but hold one hand still. Alternate between sides. Total 15 times right and left.

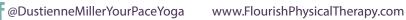


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Transverse Abdominal Contraction and Progression

Activation cues to create a lower abdominal brace:

- Pull the two hip points together
- Zip up a pair of tight hip huggers
- Pelvic floor muscle contraction (as if stopping the flow of urine)
- This should be done at 20–30% effort throughout the day in different positions
- Lay on your back with your knees bent and feet flat.
 Maintain the abdominal contraction as you lift the right heel. Replace the heel and lift the left. Alternate for 1 minute. Your goal is to keep your pelvis even—monitor at the hip points.
- 2. Progress above by lifting the entire foot without allowing the pelvis to rotate. Alternate feet and "march" for 1 minute.
- 3. Progress further by performing laying lengthwise on a foam roller, marching for 1 minute.





Alternate Arm Leg Extension

- 1. Start in table top position: on hands and knees with hands directly under shoulders and knees directly under hips.
- 2. Engage the transverse abdominals.
- 3. Press your hands into the floor.
- 4. Lift your right arm forward and left leg back. If this is too difficult or if you have pain, try just the arm or just the leg.
- 5. Maintain even breathing, in and out of the nose, and hold for 5-8 breaths. Repeat on the other side.

