



## *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

1. 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.

