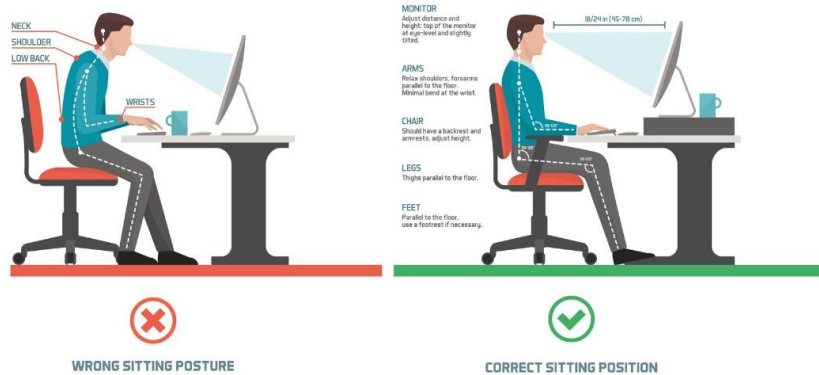


Sitting Posture



[Click Image to Enlarge](#)

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Corrected Posture

- FIRST correction: Hips higher than knees
May add lumbar roll
- Feet flat on the floor
- Computer/steering wheel closer
- Pretend a string is pulling the crown of your head UP
- Adjust rearview mirror slightly higher needed



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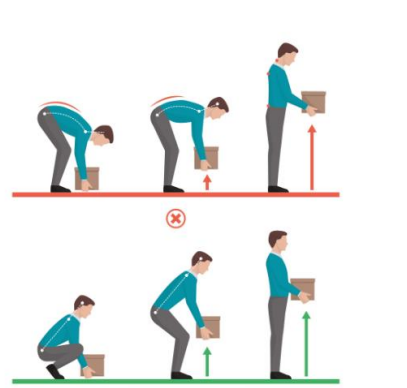
Safe Lifting

• Guidelines to Follow:

- Test the object's weight before lifting
- Move item as close to your body as possible before lifting
- Make sure feet are in a wide stance
- Bend your knees to squat/lunge position if possible
- Lift with your legs, not back
- Ensure a neutral back/spine during the whole lifting motion
- Ask for help if something is too heavy

• Things to Avoid:

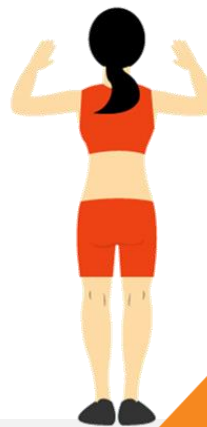
- Lifting with body in a rotated position
- Lifting from an imbalanced position
- Twisting of body while lifting



Strengthen Back Muscles to Improve Posture

Standing “W” Exercise

- 1 Raise arms parallel to floor
- 2 Pull arms backwards, pinch shoulder blades
- 3 Hold for 3 seconds. Breathe.
- 4 Repeat as often as you can!



Full Body Overhead Reach Stretch



- Stand with arms in the air reaching up.
- Gaze upward and slight lean backward until you feel a gentle stretch in your arms, torso and back.
- Hold 5 seconds.

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Chin Tucks



- Stand naturally
- Slowly pull chin back into neck causing a stretch behind head.
- Hold for 5 seconds.
- Repeat for 3 repetitions.

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Upper Trap Stretch



- Seated or standing lean your head gently to one side and then hold it (don't pull) with the hand on that side. Then try to drop your opposite shoulder.
- Hold 5 seconds
- Repeat for 3 repetitions.

Pec Stretch



- Raise arms up at sides and put hands near ears.
- Slowly pinch shoulder blades together.
- Hold 5 seconds.
- Repeat 3 times.

Shoulder Circles



- Raise arms up to make circles with both arms in a clockwise and counterclockwise direction.
- Only use a range of motion that gives a gentle stretch and no pain.
- The motion may be different side to side—do not force any motion that does not feel comfortable.

Repeat 3 times each direction

Is Physical Therapy For Me? Call us to discuss your pain or injury

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