UC SANTA BARBARA

Posture Correction and Stretching
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Total 13

PROPER CERVICAL AND SPINAL POSTURE - SEATED

Good posture positions your head over your shoulders so that your head is not protruding forward. Your ears should be over your shoulders.

Begin by correcting your low back so that it is not slouched. This will correct much of the spine. You may also need to perform a small chin tuck as well.

The image on the right shows how you should position your head and spine throughout the day. This might be difficult at first but over time will get easier as your body adjusts. ☐ ☐ ☐ ☐

ADL - SMART PHONE USE

While using your electronic devices such as a smart phone, do not slouch and do not allow your head to protrude forward.

Hold the electronic device up so that you can see it better and maintain good posture at your back and neck. ☐ ☐ ☐ ☐
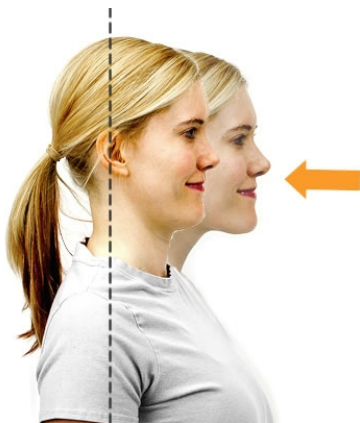
RETRACTION / CHIN TUCK

Slowly draw your head back so that your ears line up with your shoulders. ☐ ☐ ☐ ☐

Repeat	3 Times
Hold	5 Seconds
Complete	3 Sets
Perform	3 Times a Day

UPPER TRAP STRETCH - HOLDING CHAIR AND HEAD

While sitting in a chair, hold the seat with one hand and place your other hand on your head to assist in bending your head to the side as shown.

Bend your head towards the opposite side of the hand that is holding the chair seat. You should feel a stretch to the side of your neck. ☐ ☐ ☐ ☐

Repeat	3 Times
Hold	10 Seconds
Complete	1 Set
Perform	3 Times a Day

RHOMBOID AND MIDDLE TRAP STRETCH - CLASPED HAND

Interlace your fingers and then draw your hands forwards until a stretch is felt along your upper back.

NOTE: You can vary the angle of your arms downward to stretch different muscle fibers along your back. ☐ ☐ ☐ ☐

Repeat	3 Times
Hold	10 Seconds
Complete	1 Set
Perform	1 Times a Day

DEEP ANTERIOR NECK FLEXOR STRETCH - HANDS ON CHEST

Place your hands overlapping on your breast bone. Next, tilt you head upwards and away from the affected side until a gentle stretch is felt along the front and side of your neck.☐ ☐ ☐ ☐

Repeat	3 Times
Hold	10 Seconds
Complete	1 Set
Perform	1 Times a Day

SHOULDER ROLLS

Move your shoulders in a circular pattern as shown so that your are moving in an up, back and down direction. Perform small circles if needed for comfort.☐ ☐ ☐
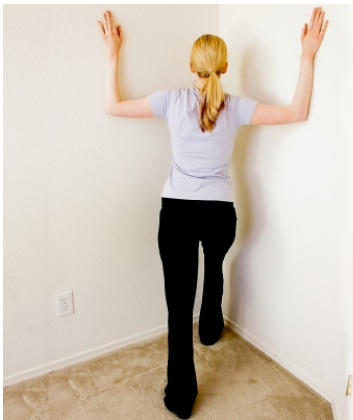
Repeat	2 Times
Hold	1 Second
Complete	3 Sets
Perform	3 Times a Day

WALL ANGELS

Stand with your back against a wall with arms raise to 90 degrees.
While making contact with your head, wrists, elbows and shoulders, slide your arms up and down the wall as shown. ☐ ☐ ☐

Repeat	10 Times
Complete	3 Sets
Perform	2 Times a Day

PECTORALIS CORNER STRETCH

While standing at a corner of a wall, place your arms on the walls with elobws bent so that your upper arms are horizontal and your forearms are directed upwards as shown. Take one step forward towards the corner. Bend your front knee until a stretch is felt along the front of your chest and/or shoulders. Your arms should be pointed downward towards the ground.

NOTE: Your legs should control the stretch by bending or straightening your front knee.☐ ☐ ☐

Repeat	3 Times
Hold	10 Seconds
Complete	1 Set
Perform	3 Times a Day

SCAPULAR RETRACTIONS

Draw your shoulder blades back and down.☐ ☐ ☐

Repeat	10 Times
Hold	3 Seconds
Complete	1 Set
Perform	3 Times a Day

SEATED LATERAL TRUNK STRETCH

While in a seated position, raise up your arm and bend to the opposite side for a stretch. ☐ ☐

Repeat	3 Times
Hold	5 Seconds
Complete	3 Sets
Perform	3 Times a Day

SEATED LOW BACK STRETCH

While sitting in a chair, slowly bend forward and reach your hands for the floor. Bend your trunk and head forward and down.☐ ☐ ☐

Repeat	3 Times
Hold	10 Seconds
Complete	1 Set
Perform	3 Times a Day

UPPER TRUNK ROTATIONS - UTR

Cross your arms over your chest, then twist your trunk to the side.☐ ☐ ☐

Repeat	3 Times
Hold	3 Seconds
Complete	3 Sets
Perform	3 Times a Day