

## **Pediatric Orthopedic and Scoliosis Center**

A Division of Rady Children's Specialists of San Diego

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## **Exercises to Improve Posture (Round back)**

Cervical Spine – 8

Strengthening: Isometric extension (in neutral)

Using light pressure with finger tips at back of head, resist backward bending of head.

Hold\_\_\_seconds Repeat\_\_\_times Do\_\_\_sessions per day



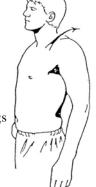
Upper Thoracic Spine – 22 Strengthening

Phase I: Shoulder shrugs Shrug shoulders up and down, forward and backward.

Hold\_\_\_seconds
Repeat\_\_\_times
Do\_\_\_times per day

Phase II: Resistive shoulder shrugs
With surgical tubing/dumbbells
\_\_\_lbs., shrug shoulders up
and down, forward and backward

Repeat\_\_\_times
Do\_\_\_sessions per day



Upper Thoracic Spine – 24 Flexibility: Corner Stretch

Standing in corner with hands at shoulder level and feet\_\_\_\_feet from corner, lean forward until a comfortable stretch is felt across chest.

Hold\_\_\_seconds
Repeat\_\_\_times
Do\_\_\_times per day



Back - Upper Body Extension

With pillow supporting abdomen, clasp hands behind back and lift upper body off floor. Keep chin tucked while lifting.

Hold\_\_\_seconds
Repeat\_\_\_times
Do\_\_\_times per day