

## Pediatric Orthopedic and Scoliosis Center

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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