

PROPER POSITION ADAPTATION EXERCISES

Sitting position 092942

At sitting position slowly roll the pelvis forward to create a normal lumbar lordosis. Then lift the sternum, so the shoulders fall back into a neutral position. Tuck the chin as if making a double chin and lift the head while maintain the chin tuck. Hold for 10 sec and relax. Repeat.

- Roll the pelvis forward to create a normal lumbar lordosis
- Lift the sternum, so the shoulders fall back into a neutral position.
- Tuck the chin as if making a double chin and lift the head while maintain the chin tuck.
- Hold for 10 sec and relax. Repeat.

Standing position 091947

At standing position perform pelvis tilt position in order to eliminate the lumbar extension. Hold for 10 seconds. Check point: The lumbar spine should be flat and touching the wall. While maintaining pelvis tilt (isometrically) bring the shoulders in contact with the wall and hold this position for 10 seconds. Check point: Shoulders should touch the wall and remain there. In the next step, tuck the chin and finally lift the head while maintain the chin tuck, pelvis tilt and shoulder mentioned position.

- Perform pelvis tilt position in order to eliminate the lumbar extension and hold for 10 seconds. (Check point: The lumbar spine should be flat and touching the wall).
- While maintaining pelvis tilt (isometrically) bring the shoulders in contact with the wall and hold this position for 10 seconds. Check point: Shoulders should touch the wall and remain there.
- Tuck the chin and finally lift the head while maintain the chin tuck, pelvis tilt and shoulder mentioned position.