



Sit up straight – five of the best dynamic posture exercises

Try these exercises at home or the gym to help improve your posture and help you sit and stand up straight. If you sit at a desk and are experiencing back, neck, upper limb pain or headaches, these exercises could be beneficial to you.

If you have a medical condition or injury consult your Physiotherapist before doing these exercises. You should not experience any discomfort with the exercises.

1. Reverse lunge (hip opener) with thoracic rotation

Step backwards in to a lunge position, keeping your lower tummy muscles and buttock muscles gently squeezed to protect your lower back and to isolate the movement to the hips and mid back. Bring your arms to ninety degrees and rotate through your mid back to the left and right and finishing by bringing your arms above your hips keep facing forwards.

VARIATION

You can add weights to the arms.



2. Lying angels

This exercise is designed to dynamically lengthen your pectorals. The foam roller allows your shoulder blades to move freely and your arms to travel further back, creating a deeper stretch.

Lie on a foam roller and open your arms out in to a dinner fork position (90 degrees shoulder and elbow). Keep your lower back in contact with the roller at all times and gently pull in your lower tummy muscles. Move the arms up and down.

**Caution if you have any history of shoulder instability or dislocations, please do not do this exercise.*





3. Wall angels

VARIATION

This exercise can be done in a standing position and is called then a 'wall angel'.

**Caution if you have any history of shoulder instability or dislocations, please do not do this exercise.*



4. Dead bug

Lay flat on your back with your arms up so they are level with your shoulders. Bend your knees to a 90 degree angle and raise your thighs until they are perpendicular to the floor. Now deeply exhale and embrace your abs to bring your ribcage down and flatten you back onto the floor, keep your lower back in contact with the floor throughout the exercise.

Lower the right arm and the left leg down to the floor simultaneously before the lower back starts to rise off the ground or arch. Slowly return to the starting position while inhaling and alternate to the other side.

The most important objective is to maintain position of your lumbar and pelvis throughout the exercise. If you are unable to control your lower back position, the exercise may need modified for you. Please ask us for advice.

VARIATION

You can make the exercise harder by adding weights to the arms or legs, using both legs or arms at the same time and or by bringing them closer to the ground.



5. TRx reverse flies

This exercise requires a TRx so, unless you own one, may be limited to the gym. It is great for strengthening the upper back and helping open up shoulders, which is particularly important for busy professionals who work on a computer all day. It is an advanced exercise so you will need to have good upper body strength and core stability.

With a slight angle towards the ground, start out holding the TRX handles with your arms extended. Slowly pull the handles away from your body on both sides while keeping your arms straight, so that the top of the repetition, your arms form a "Y".

VARIATIONS

The more you lean back, the harder this exercise becomes. This is a difficult exercise, so you don't need to create much of an angle. Your body can be nearly upright when you start the exercise.



Article by [Martine Cooper](#), Chartered Physiotherapist.

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If you are unsure of any exercises, please contact us or consult with your Physiotherapist or Doctor before you commence.

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