

# Rounded Shoulders and Upper Back – Strengthening

## THESE EXERCISES

Having a poor posture or a good posture, is something that becomes a habit. In the same way your exercise routine has to become a habit. You won't see changes overnight, but with consistency over time you will see changes in your posture and feel your body moving better with less pain and stiffness.

You may not experience a total transformation to the 'ideal' posture, but by being aware of your posture and making changes through regular exercise, and changing your lifestyle and work routines, you will be doing yourself a huge favour in the long-term

health of your joints and spine.

When stretching or strengthening a muscle make sure it is not painful, push yourself but work within comfortable limits. These exercises are a basic routine for specific poor postures; however, every person is unique (and may not fit exact molds). So, if any exercise is painful or too hard, speak to your physical therapist and make changes specific to your needs. Always focus on form – how you do the exercise correctly and with good control – rather than rushing or pushing too hard and losing your alignment.

### Extension Prone

Lie face down, with your hands placed on the back of your head. Slowly extend your upper back. This exercise provides a good stretch to the back, and is especially useful for those with poor posture or rounded shoulders. It is also a strengthening exercise for the back. You can repeat the exercise a number of times, or hold the same position for a prolonged period of time.



### Single Arm Bent Over Row with Band

Lean forwards to a 45 degree angle, and pull a band backwards with one hand keeping your elbow tucked in. To progress the exercise, stand on one leg. This is a back and shoulder strengthening exercise. Repeat each side.



SETS REPS

 **Video:**  
<http://youtu.be/FWH22O-t5eE>

SETS REPS

 **Video:**  
<http://youtu.be/pJUFW6fleFI>

### Wall Press-Up

Position yourself in a press-up position with your arms straight, and palms flat on the wall. Drop your chest towards the wall by bending your elbows. Hold this position for 1-2 seconds. Return to the start position. This is a chest, back and shoulder strengthening exercise. You can make the exercise harder by standing further back from the wall.



SETS REPS

 **Video:**  
<http://youtu.be/w8in7tdjsaY>

### Extension with Dowel Rod Lying

Lying face down, extend your arms behind your back while grasping a pole, rod or golf club. Go as far as feels comfortable, and then return to neutral. You will feel the muscles behind the upper arms contracting. If you don't have a dowel rod, you can use a broom stick or golf club.



SETS REPS

 **Video:**  
<http://youtu.be/XrTCxeAUCKU>

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