

POSTURAL STRAIN

Treatment for Postural Strain Part 2

Are there other exercises
for me??



Postural Strain Series

This series of pamphlets is designed primarily for office and clerical workers as well as students and anyone who is required to be in a seated posture for extended periods of time. It may also be used to decrease strain associated with long flights, or car or train transportation leading to similar discomfort.

Please consult your chiropractor to determine if these exercises may be appropriate for you as well as for further advice on minimizing work-related stressors including ergonomic design, work/rest ratios, and task management.



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POSTURAL STRAIN

OK, we have established I need a break...what else??

Now that you have a work rest schedule established and have a few things to do while you are taking a break, we will add some stretches to your repertoire and introduce tools to train you to achieve an improved working posture.

If you have a chance to warm up first, your stretches will be more beneficial. Stretching to increase flexibility is not our goal at this point. We are just trying to loosen you up because you sit or are immobile for extended periods.

Exercise 1. Upper Trap stretch

Hold the side of the chair which is the same side that you are going to stretch. Gently lean away while keeping your nose facing either front, or slightly to the side that you are stretching. You will feel a gentle stretch between your shoulder and your head. Hold for 15-30 seconds and complete on both sides. This will focus on your upper trapezius muscle.

Exercise 2. Lev Scap Stretch

The only difference between this stretch and the



Exercise 1: Upper Trap Stretch



Exercise 2: Lev Scap Stretch

last stretch is the angle of the head. This time when you lean into your stretch, turn your head away from the side that you are stretching.

You should feel the stretch move further behind your neck between your head and your shoulder blade in a muscle called the levator scapula. Look at the two pictures on the previous column to verify your technique, and be sure to stretch both sides.

Exercise 3. Pec Major stretch

Find a wall or door frame nearby and prepare to stretch out your chest. Place your elbow at a 90° angle and your elbow just lower than your shoulder and gently rotate your body away from the side that you are stretching. Maintain the rest of your body and head alignment in neutral while you stretch. Hold once again for 15-30 seconds and complete the stretch bilaterally. You should feel the stretch in your chest in the muscle called the pectoralis major. You may alternatively try the stretch with your elbow straight, but be sure to keep the hand on your stretching side lower than the shoulder.



Exercise 3. Pec Major Stretch.

Suggested position on the left alternative position on the right. Ask your doctor which is ideal for you.

Exercise 4. Wall glides

For this exercise you must set either a stool or a low-backed chair as close as possible to the wall behind you. Begin with you elbows and the backs of your hands flush against the wall and your elbows close to your body. Slide your arms up the wall as far as you can

without losing contact of the elbows or hands to the wall. Slowly cycle through this exercise 5-10 times taking 15-30 seconds per cycle. Breathe slowly and relax.



Exercise 4. Wall glides Cycle slowly

Exercise 5. Scapular pinch and hold

Lie prone on the floor with a support pillow under your chest and your arms straight and in line with your shoulders. Extend your shoulders and pinch the shoulder blades together. Hold for 20 seconds and repeat 10 times. The exercise can be done with the shoulders at 45° or 90°. Feel the muscles flex between your shoulder blades and hold.



Exercise 5. Scapular pinch and hold

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