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## 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

## Treatment for Postural Strain Part 3

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OK, now let's do the strengthening exercises!!



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# POSTURAL STRAIN

Breaks  Stretches   
Now... we strengthen!!

We have established the basics of dealing with postural strain at this point. Between the first two flyers and the advice of your chiropractor, we have developed a plan for taking breaks, stretching and the introduction to postural training. Now we must strengthen the right muscles to help you to establish an ideal muscular balance to make maintaining an ideal posture an easier task for you every day.

## Exercise 1. Push-up Plus

We learned the scapular pinch in part 1, now we are going to move the scapulae in the same plane but now you are going to work against gravity. Set your body into an ideal push-up position (ask your chiropractor if you are not sure). Maintain your elbows in a stable and extended position and move your shoulder girdle through a cycle of protraction and retraction. Take 2-4 seconds per cycle and complete 2 sets of 10 repetitions.



**Exercise 1: Push-up Plus.** Starting position on the left and finished position on the right

## Exercise 2. Bent over Row

Find a chair or a low bench to support one knee and the hand on the same side while leaning forward and stabilizing your back parallel to the ground. Make sure that your spine remains

straight and hang a dumbbell at your side. Slowly pull it up to a height equal to your torso and then lower it down until the elbow is extended. Ask your chiropractor for an appropriate weight for you, and complete two to three sets of 10 repetitions. Feel the muscles work between your shoulder blades, and cycle through the range of motion in a slow and controlled manner.



**Exercise 2: Bent over row.** Maintain a flat back while you lift the dumbbell

## Exercise 3. Seated Row

For this exercise sit with a resistance band wrapped carefully underneath your shoes or bare feet. Be sure that it is firmly in place and will not slip off and spring back into your body



**Exercise 3. Seated Row.** Maintain an upright posture and slowly cycle through the full range of motion.

or face. Maintain a flat back and draw both hands into your body at chest height in a rowing motion. Slowly cycle through the exercise (4-6 seconds per rep) for two sets of 10-20 repetitions. Talk to your chiropractor about the number of repetitions, and the type of

resistance band that is right for you.

## Exercise 4. Shoulder Abduction

This is a wonderful exercise for your intra-scapular musculature. You should be thinking about contracting all of the muscles surrounding your shoulder blades while you are completing the motion in order to maintain maximal stability while cycling through the motion. When first learning the exercise, your hands should begin at your sides and as you progress, you will be able to elevate your hands such that you are in 45° and later 90° of shoulder flexion. The motion should be slow and controlled both out and on the return to the starting position. Cycle through the motion for 2 sets of 10 repetitions with a resistance band prescribed by your chiropractor.



**Exercise 4. Shoulder Abduction.** At 0° shoulder flexion on the left and 90° shoulder flexion on the right

Advanced exercises including additional strength, core stability, and balance may be integrated to further enhance your ability to cope with the demands of your lifestyle. Consult your chiropractor for further information on these options. Remember that the end of your pain does not necessarily indicate that all is well. Build a long term plan with your to maintain the benefits you have experienced.

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