

Theraband Posture Exercises

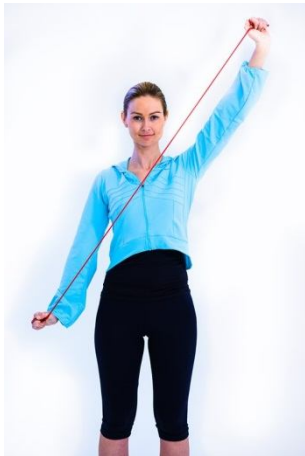
Safety notice: When starting any new exercise always ease into the stretch gently to find your comfort limit. Some mild “stretching strain” may be experienced, but if significant pain is felt then ease off and try a more gentle version of the exercise. If pain restricts you from doing these stretches at all then consult a health professional for alternative options.

Gripping the Theraband

To help keep a sturdy grip on the theraband I recommend wrapping your fingers around the ends of the band as shown. Two fingers (as pictured) are usually enough, but if you have enough length, all four fingers will work too.



1. Diagonals



This exercise helps improve posture by switching on the upper back muscles. Stand upright as though standing to attention. Slowly stretch one arm up and the other down so that the band crosses your chest like a seat belt. Hold this end position for a count of three. Slowly return to the starting position and then repeat 10 times each way.

2. Shoulder blade retractions



This exercise helps improve posture by switching on the upper back muscles between your shoulder blades. Stand upright as though standing to attention. Slowly stretch your arms back, rolling your shoulder blades together as you do so. Hold this end position for a count of three. Slowly return to the starting position and then repeat 10 times.