

Geriatric Postural Maintenance

NAME: _____

DATE: _____



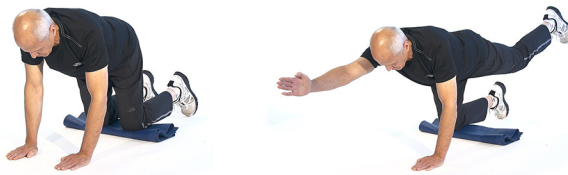
1. Bruggers Scapular Retraction

Begin standing in good posture. Shoulders should be back and head up. Bend elbows to 90 degrees and keep elbows near sides. While maintaining good posture, draw shoulders back squeezing shoulder blades together. A stretch may be felt in chest and front of shoulder. Do not allow shoulders to raise upward. Hold for 5-10 seconds. Repeat for prescribed repetitions and repetitions.



2. Head Retraction

Begin seated, or standing, looking forward with shoulders back with good neutral posture. Attempt to draw head directly backwards. Maintain level head position. Do not tilt head up or down. Hold for two seconds. Return to start position and repeat for prescribed repetitions and sets.



3. Bird Dog

Begin on your hands and knees with your head and back in a straight position. Hands should be under your shoulders, hips directly above knees. You may place a folded towel under knees for comfort. Gently tighten abdominal muscles. Raise one arm to shoulder level as opposite leg simultaneously lifts off floor, extending to hip height. Pause momentarily. Return to start position and alternate sides. Maintain a straight spine position, not allowing your hips to twist or rotate. Do not hyper-extend low back when extending leg. Repeat for prescribed repetitions and sets.



4. Prone Hip Extension

Begin lying face down on floor. Bend elbows with hands under forehead or chin. Gently tighten abdominal muscles. Keeping leg straight, lift it upward off floor 6 inches. Squeeze glut muscle to emphasis contraction. Slowly return to start position and repeat for prescribed repetitions and sets.



5. Standing Hip Extension and Calf Stretch

Begin standing with leg to be stretched extended behind body. Leg should be straight with heel on ground. Use a counter or the back of a sturdy chair (without wheels) for support. Slowly lean forward, putting weight onto front leg while maintaining straight leg and heel-floor contact. A gentle stretch should be felt in upper calf muscle. Hold for 30 seconds and repeat on opposite side. Repeat for prescribed repetitions and sets.



6. Over Head Stretch

Begin seated or standing. Raise right arm up over your head and stretch toward opposite side. Hold for 5-10 seconds and repeat for prescribed repetitions.