Exercises to improve your posture

Long hours on a computer or other electronic devices can often cause poor posture. Signs of poor posture include rounded shoulders, forward head position and issues with shoulder, neck or back pain. We want to help you with proper posture so you feel strong and can present your best self. Here are some tips for daily exercises and stretches. We are focused on helping kids but the whole family may benefit from these tips. There is something here for kids of all abilities to try.

**Shoulder shrugs**
- Stand straight with arms by side and feet shoulder width apart.
- Slowly rotate shoulders backward, making big circles for 20 repetitions.

**Shoulder squeezes**
- Stand with feet shoulder width apart and arms straight out to each side. Bend elbows 90 degrees.
- Squeeze shoulder blades together pulling arms back. Hold for 3 seconds. Do 20 repetitions.

**Chin tucks**
- Stand or sit in an upright position.
- Put your finger on your chin.
- Pull chin back from finger until your ears are over shoulders and you feel a slight stretch in the back of neck. Hold for 3 seconds. Do 20 repetitions.

**Arm swings**
- Stand and lean forward with arms extended down and crossed in front.
- As you straighten up, bring arms up overhead into a wide V position. Keep palms forward and head up. Do 20 repetitions.
Wall angels

- Stand with back against a wall and feet shoulder width apart.
- Gently press lower back against the wall.
- Place elbows, forearms and wrists against the wall, palms facing forward.
- Slowly raise and lower arms in a small arc while keeping them in contact with the wall at all times. Do 20 repetitions.

Corner stretch

- Stand in upright position facing a corner.
- Place forearms flat on the wall on each side of the corner with elbows at shoulder height. Lean forward until you feel a gentle stretch on the front of shoulders. Hold 30 seconds.

Chest stretch

- If you have a therapy ball at home, lie on your back and extend arms overhead. Stretch for up to 1 minute.

Wrist stretch

- Sit or stand for this stretch.
- Extend one arm with palm facing up.
- Hold fingers with opposite hand and pull fingers toward you. Hold 30 seconds.
- Turn arm over to repeat with palm facing down.
- Do this for both hands.

30/30 stretch

- For every 30 minutes you sit, stretch for 30 seconds.
- Place hands behind your head with elbows to side (like wings). Lean back over chair for a gentle stretch.

Plank

- Start on hands and knees. Walk hands forward and extend legs into a plank position with back level (think about pulling your belly button in).
- Start by holding this position 15 seconds and work up to 1 minute.

   Even better, challenge the whole family to a contest!

If you’re interested in becoming a patient at the Portland Shriners Hospital, please call 503-241-5090.