

POSTURE

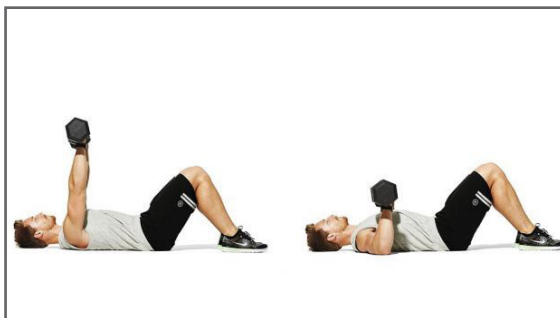
Whether sitting or standing it is important to practice proper posture. Shoulder posture can be improved by strengthening the scapular muscles of the upper back and shoulders. Here are some exercises to try:



Good Morning | Hinge forward from hips with flat back and straight legs, with hands behind head or barbell across shoulders.



Overhead Forward Raise | Keep arms straight and core engaged, lift weight from waist to overhead.



Floor Press | From floor with arms out at shoulder height and bent at 90 degrees, press weight straight upward, straighten arms then return to bent arm position.



High Elbow Internal/External Shoulder Rotation | Start with arm bent at 90 degrees and weight directly over elbow, rotate forward until hand is pointed downward, keeping arm at same angle.



Reverse Fly | Hinge forward at the waist with back flat, raise arms and squeeze shoulder blades together.

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