

Pediatric Orthopedic and Scoliosis Center

A Division on Children's Specialists of San Diego

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Exercises to Improve Posture (Round back)

Cervical Spine – 8

Strengthening: Isometric extension (in neutral)

Using light pressure with finger tips at back of head, resist backward bending of head.

Hold ___ seconds
Repeat ___ times
Do ___ sessions per day



Upper Thoracic Spine – 22 Strengthening

Phase I: Shoulder shrugs
Shrug shoulders up and down, forward and backward.

Hold ___ seconds
Repeat ___ times
Do ___ times per day

Phase II: Resistive shoulder shrugs
With surgical tubing/dumbbells ___ lbs., shrug shoulders up and down, forward and backward

Repeat ___ times
Do ___ sessions per day



Upper Thoracic Spine – 24

Flexibility: Corner Stretch

Standing in corner with hands at shoulder level and feet ___ feet from corner, lean forward until a comfortable stretch is felt across chest.

Hold ___ seconds
Repeat ___ times
Do ___ times per day



Back – Upper Body Extension



With pillow supporting abdomen, clasp hands behind back and lift upper body off floor. Keep chin tucked while lifting.

Hold ___ seconds
Repeat ___ times
Do ___ times per day