

Mobility, Posture and Pain

10 Tips and Exercises for Pain Prevention and Self Treatment

1. Ergonomics and static posture
 - a. Both sitting and standing—long spine and neck.
 - b. Avoid hunching and slouching.
2. Chin retractions
 - a. Slide the chin back like a book on a shelf, hold, then release to neutral.
3. Forearm stretches
 - a. Extend one arm with palm up.
 - b. Push down on fingertips with other hand.
 - c. Switch back and forth, three times each arm.
4. Lunge pattern
 - a. Shift your weight back and forth.
 - b. Reach overhead each direction toward front leg, each leg
 - c. Rotate each direction toward front leg, each leg.
5. Breathing
 - a. Inhale into the beltline - and feel the expansion 360 degrees
 - b. Avoid chest breathing—let the belly expand with inhales.
6. Proper lifting pattern
 - a. Pressurize and expand the core.
 - b. Lift from a squat.
7. Squat pattern into extension
 - a. Squat down, stand up, place hands on low back and bend backward.
Return to neutral stance.
8. Device posture for computers and cell phones
 - a. Create an elongated spine by moving the device away from your body.
 - b. Avoid “tech neck” from bending over a device.
9. Foam rolling
 - a. Fronts, backs, sides of legs.
 - b. Low, mid, upper back.
10. Prevention
 - a. Start young and build stability. Learn about baby-led movement at buildingyourbaby.com.