




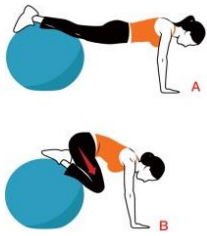


# Sway back posture

[PostureDirect.com](http://PostureDirect.com)

Releases/Stretches	Instructions
<b>Hamstring release</b> 	<ul style="list-style-type: none"><li>Starting from the top of your hamstrings in the buttock region, position your body over a massage ball.</li><li>Use your body weight to apply the appropriate amount of pressure to the hamstring muscle.</li><li>Gradually work your way down to the back of your knee.</li><li><b>Time:</b> 2 minutes per leg.</li></ul>
<b>Hamstring stretch</b> 	<ul style="list-style-type: none"><li>Whilst upright, place one leg straight in front of you.</li><li>Hinging forwards at the hip joint (and keeping the back straight), bend towards the leg at front.</li><li>Ensure that you can feel the stretch of the lower hamstrings.</li><li>Repeat on both sides.</li><li>To stretch upper hamstring, repeat the previous steps with a slightly bent knee in front instead of a straight leg.</li><li><b>Time:</b> Hold for 60 seconds each. Repeat 2-3 times per leg.</li></ul>
<b>Thoracolumbar junction release</b> 	<ul style="list-style-type: none"><li>Place the muscles of the lower to mid back on top of a massage ball.</li><li>Use your body weight to apply pressure to the area.</li><li>You may need to adjust your positioning over the ball to target the right area.</li><li><b>Time:</b> 2 minutes</li></ul>

Hip flexor activation	Instructions
<b>Sitting</b> 	<ul style="list-style-type: none"><li>Sit up right on the edge of a chair.</li><li>Lift knee as high as possible.</li><li>Keep your body straight.</li><li>Hold for 5 seconds.</li><li>Alternate lifting knees.</li><li>Repeat 10 times.</li></ul>
<b>Long sitting</b> 	<ul style="list-style-type: none"><li>Long sit on the floor with the support of your hands behind you.</li><li>Keeping your leg straight, lift your leg up ~15cm off the floor.</li><li>Hold for 5-10 seconds.</li><li>Repeat 10 times on each leg.</li></ul>
<b>Jack knife</b> 	<ul style="list-style-type: none"><li>Assume a push up position with your feet on an exercise ball</li><li>Brace your abdominal muscles.</li><li>Bring your knees towards the chest.</li><li>Keep your lower back straight.</li><li>Hold for 5 seconds.</li><li>Repeat 15 times.</li></ul>

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## Gluteal activation

## Instructions

### Hip extension



- Whilst standing upright, extend your leg backwards until you feel your gluteals contract firmly.
- Do not rotate your body or arch your lower back.
- Hold for **5** seconds.
- Alternate legs for **20** repetitions each.

**Note:** Maintain your upright posture. You should not lean forward when doing this exercise. Hold onto a support (eg. back of a chair) if you have issues with maintaining your balance.

### Bridge



- Lie down on your back with your knees bent.
- Flatten your lower back to the ground.
- By pushing off with your heels, lift your buttocks off the floor.
- Make sure you feel the gluteals muscle contract (not your hamstrings)
- Hold for **5** seconds.
- Repeat **15** times.

## External obliques

## Instructions

### Side plank



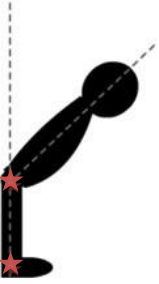
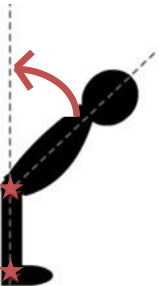
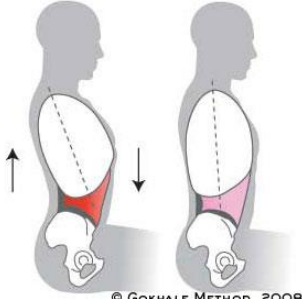

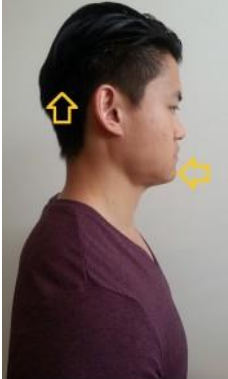
- Assume position as shown. (either on knees or feet depending on level of ability)
- Contract the muscles on the side of your abdomen that is closer to the ground.
- Hold for **30** seconds.
- Repeat **3** times.
- Alternate sides.

### Plank with side hitch



- Assume the plank position.
- Brace your core muscles to maintain good alignment.
- Proceed to bring knee to elbow of the same side.
- Hold for **5** seconds.
- Alternate sides for **10** repetitions.

# How to stand properly when you have Sway back posture

Picture	Instructions
	<p><b>STEP 1: Stack pelvis on top of the ankle.</b></p> <ul style="list-style-type: none"><li>• In sway back posture, the hips are driven too far forward.</li><li>• <i>Bend forward at the hips until the greater trochanter ★ and lateral malleolus ★ should be in the same line.</i></li></ul>
	<p><b>STEP 2: Return hips to neutral</b></p> <ul style="list-style-type: none"><li>• Whilst maintaining the hips in line with your ankles, bring the rest of your body to the upright position.</li></ul>
 <p>© GOKHALE METHOD, 2008</p>	<p><b>STEP 3: Drop lower rib cage down</b></p> <ul style="list-style-type: none"><li>• This will elongate the spine, reduce the arch in the middle of your back and reduce tension in the muscles.</li></ul>
	<p><b>STEP 4: Re-position the shoulders</b></p> <ul style="list-style-type: none"><li>• Gently roll your shoulders back and down.</li><li>• Keep your muscles relaxed.</li></ul>
	<p><b>STEP 5: Elongate/retract neck</b></p> <ul style="list-style-type: none"><li>• Gently tuck your chin in.</li><li>• Aim to feel a gentle upward pulling at the back of your neck.</li><li>• Relax your muscles. Do not over tense your neck.</li></ul>