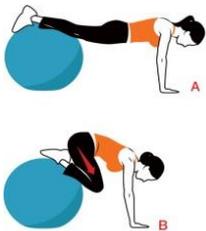


Sway back posture

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

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

Sway back posture

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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



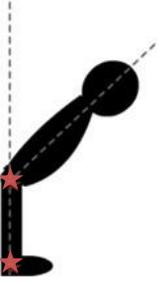
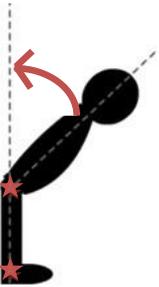
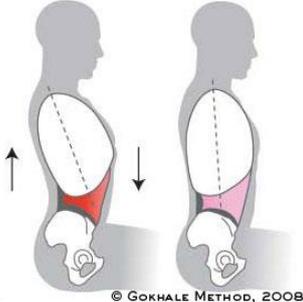
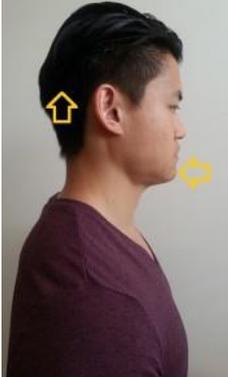
- Assume position as shown. (either on knees or feet depending on level of ability)
- Contract the muscles on the side of your abdomen that is closer to the ground.
- Hold for **30** seconds.
- Repeat **3** times.
- Alternate sides.

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