

**Posture Restoration** with



## **Transition Exercises & Movements**

You're leaving your workstation anyway,  
why not do some posture correcting  
movements.



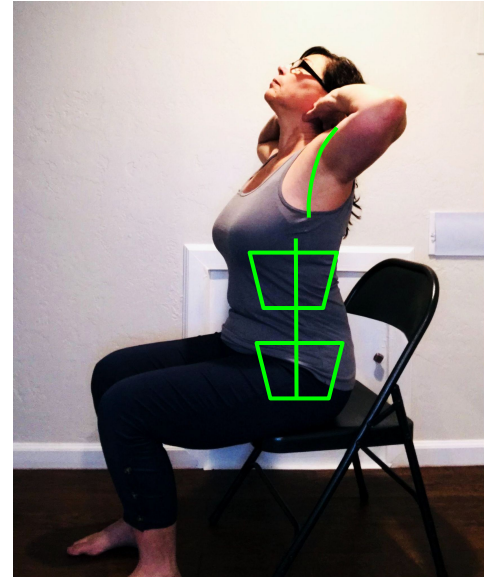
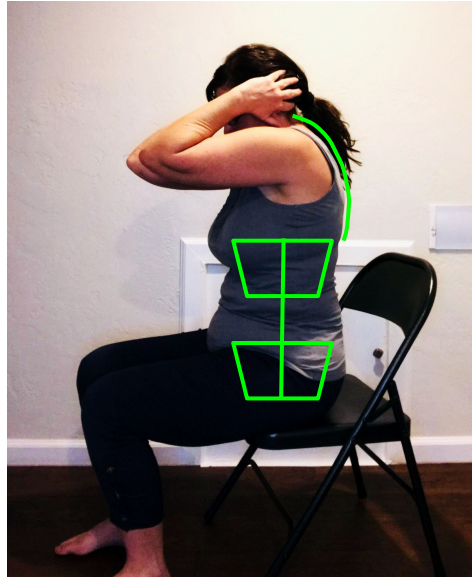
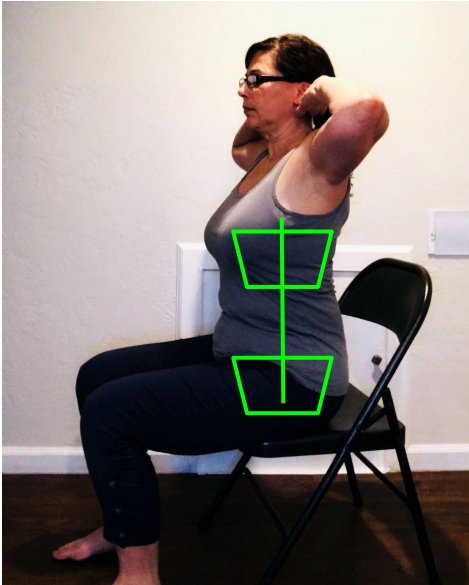
**[smithingwellness.com](http://smithingwellness.com)**

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# Chest Opener & Back Body Straightener

## Promotes:

Opens the front body in 360 degrees, vertically and horizontally. Extends the upper back. Lubricates the shoulders and blades while retraining proper shoulder and blade function. Helps reset the shoulder girdle position.



## Instructions:

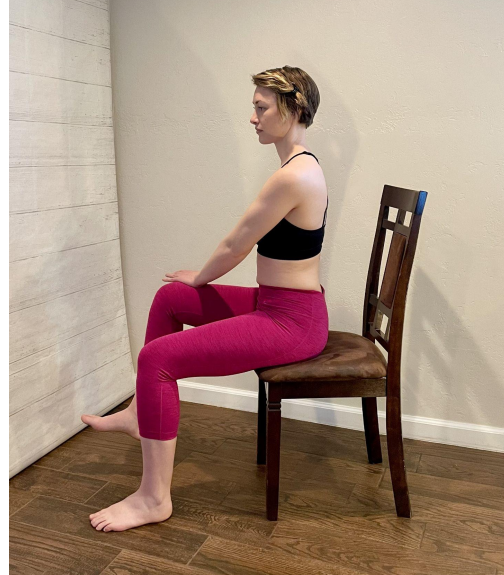
1. Sit in the middle of a chair with ankles, knees and center of thighs lined up. (This movement could also be done standing following all the same alignment instructions.)
2. Place your fingers on the back/base of your head.
3. Find a level/neutral pelvis with a level rib cage stacked above the pelvis like a fountain. Keep your pelvis and rib cage stacked like a fountain throughout the entire exercise.
4. Round just your upper back, from the bra strap area and up, bringing elbows towards each other.
5. Now take the elbows out to the side and arch just your upper back, using your upper back muscles to tilt your head upwards.
6. Repeat.

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# Psoas Tilts

## Promotes:

Triggers the brains contract-lengthen reflex of the psoas while strengthening the psoas and core.



## Instructions:

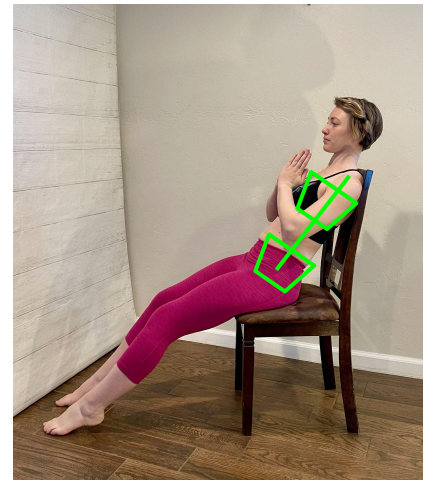
1. Sit in a slouch, back rounded forward.
2. Place one hand on the opposite knee.
3. At the same time: press that hand down onto the knee while lifting the knee AND roll your pelvis forward and arch your back.
4. Release and come back to the starting position.
5. Repeat on both sides.

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# Seated Active Boat

## Promotes:

Eccentric lengthening of the psoas by moving between contracting and lengthening under load, which relieves low back strain, repositions the pelvis, and helps you extend to stand upright.



## Instructions:

1. Sit more forward on your chair with ankles, knees, and center of thighs inline.
2. Find a level/neutral pelvis with a level rib cage stacked above the pelvis like a fountain. Keep your pelvis and rib cage stacked like a fountain throughout the entire exercise.
3. Bring your hands together or arms out straight in front of you.
4. Come up on your toes.
5. At the same time, slide your toes away from you while you lean your upper body back. (Keep the fountain stacked as you lean. Do not arch or round your back.)
6. Now slide your feet back while you bring your upper body upright back to the starting position.
7. Repeat.

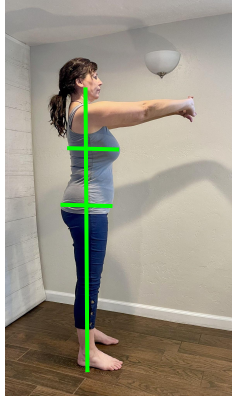
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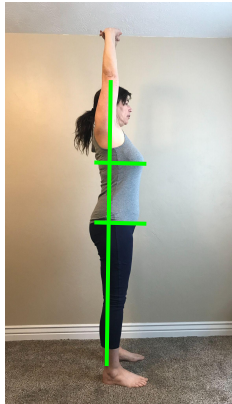
# Overhead Extension

## Promotes:

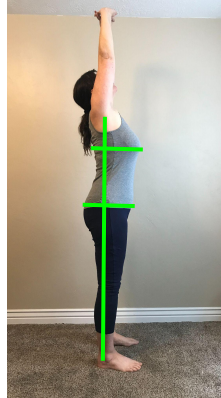
Vertical stacking of load-bearing joints and reestablishes brain-body connection for proper joint position and muscles function.



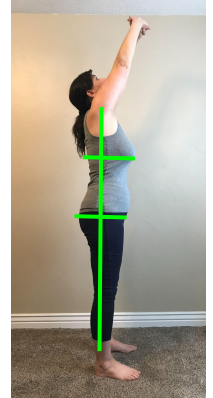
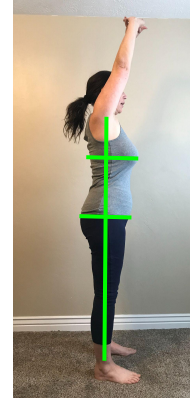
Set-up



Arms up



Look up



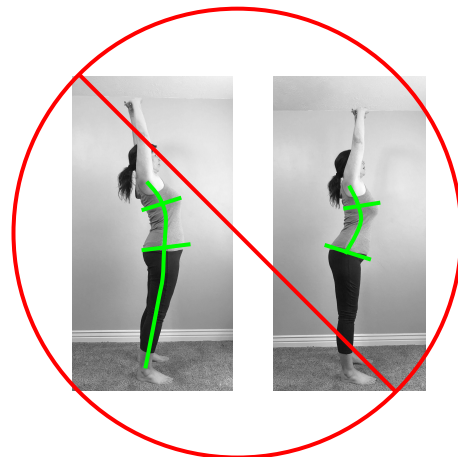
Only lift your arms as far as you can keep your vertical stack and pelvic and rib level/neutral. It's okay if they don't come perfectly overhead.

## Instructions:

1. Stand with your body vertically stacked from a side view; ankles, knees, hips, shoulders, and ears inline. Feet straight.
2. Level your pelvis and rib cage, stacked like a fountain.
3. Interlace your fingers and turn your palms to face outward.
4. Press into your hands and raise your arms up over your head while keeping your vertical stacking and keeping your pelvis and ribs level/neutral.
5. Press up towards the sky and imagine your spine lengthening.
6. Option to hold here or look up.
7. Breathe.

**Notes:** Only raise your arms as far as is comfortable and as far as you can keep your pelvis and rib cage level.

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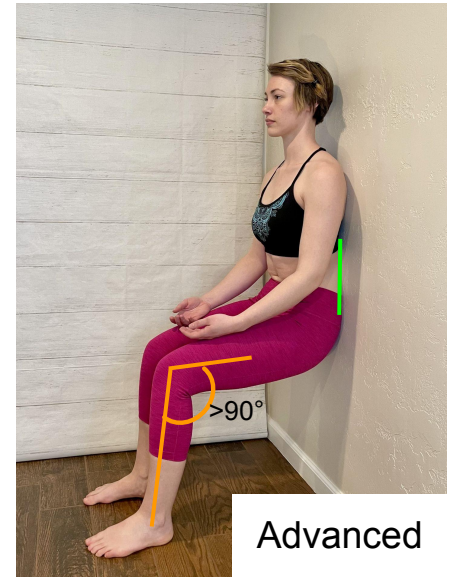
Don't let your hips push forward or stick your booty out or thrust your ribs forward.

# Airbench

## Promotes:

Strengthens and realigns the hips, pelvis, and low back for better, ankle, knee, and hip function.

**CAUTION!** Wear shoes or stand on a non-slip surface for this exercise.



## Instructions:

**CAUTION!** Wear shoes or stand on a non-slip surface for this exercise.

1. Have shoes on your feet.
2. Stand with your hips, knees, and ankles inline and feet straight.
3. Relax your arms down at your sides or on your lap.
4. Take your feet a little ways away from the wall, ankles farther from the walls than knees. Only go down as far as is comfortable for your knees.
5. Press your low back into the wall, which tucks your bum under a little bit.
6. Hold this position for 30 seconds to 2 minutes and breathe.

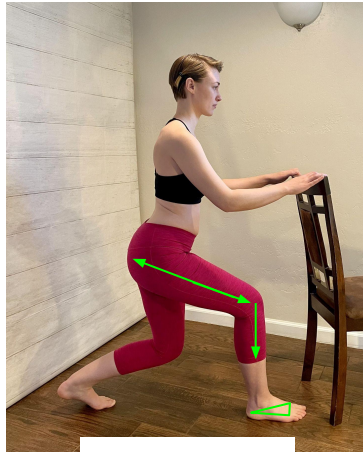
Notes: Hold a block or item between your knees to activate the kinetic chain between your lower body and upper body.

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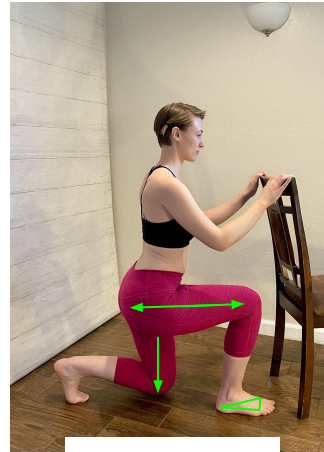
# Lunge Combo

## Promotes:

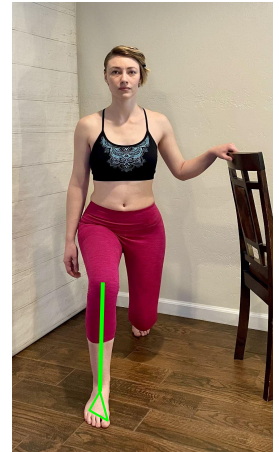
Femur gliding in the hip socket while under load. Actively creates pelvic internal and external rotation. Retrains arch, ankle and knee function and knee tracking all while strengthening the legs. This is one of the most comprehensive exercises there is.



Beginner



Advanced



## Instructions:

1. Stand in a staggered stance, feet about 24 inches apart. (The goal is for both knees to be able to bend to 90 degrees when you bend them.)
2. Find your **tripod foot** with the front foot: heel and base of the big & pinky toes in contact with the floor. Keep the tripod foot with your front foot throughout the entire exercise.
3. Bend both knees and take the back knee straight down towards the floor.
4. Make sure your front **knee tracks inline with** your front **second toe** while keeping the tripod foot.
5. Let the **thigh bone** of your front leg **glide deep into your bum**, like it wants to poke out the backside of your bum.
6. Lower down as low as is comfortable for you. It's okay if your body can only lower down a little bit.
7. Then push into the ground with your front foot to rise back up to the starting position.
8. Repeat and then do the other side.

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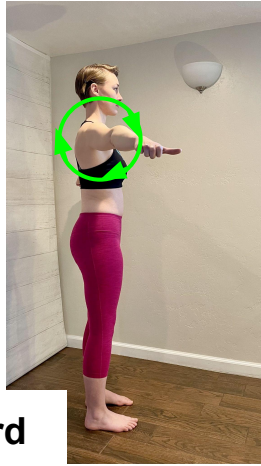
# Arm Circles

## Promotes:

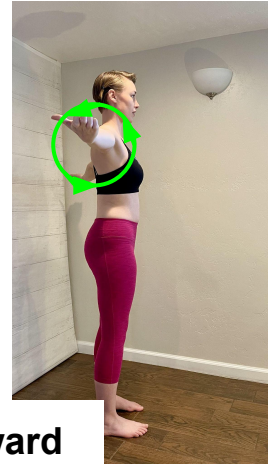
Lubricates the shoulders and blades, strengthens the rotator cuff muscles, blade anchors, and mid-back muscles while establishing vertical joint stacking and core stabilization. Will help reset the shoulder girdle position.



**Forward**



**Backward**



## Instructions:

1. Stand or sit with your arms out to a T, shoulder height, arms straight.
2. Have your ankles, knees, and center of thighs inline.
3. Find your tripod feet: feel your heels and base of big & pinky toes on the floor. Maintain this throughout the exercise.
4. Find a level/neutral pelvis and level rib cage over the pelvis. Maintain this throughout the exercise.
5. Make the golfer's grip with both hands; thumbs out, fingers curled, palms open.
6. With palms down, start by rotating your arms in forward circles, about the size of a dinner plate. Go at a moderate to fast speed. About 20-40 circles. Try to keep your body relatively still as you move your arms.
7. Now turn your palms up and rotate your arms in backwards circles, about the size of a dinner plate. Take these circles slightly more behind your body. Go at a moderate to fast speed. About 20-40 circles. Try to keep your body relatively still as you move your arms.
8. Remember to breathe.





# Any Twist

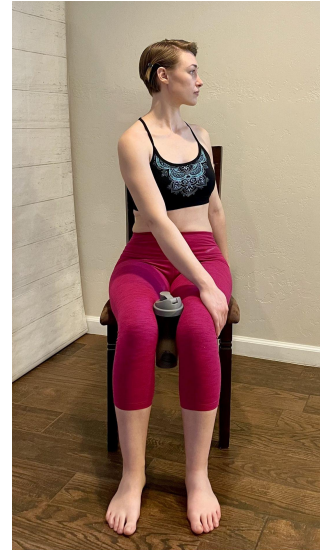
## Promotes:

Releases the fascial lines, spine, and resets the pelvis. Lubricates the spine and moves each vertebrae through its range of motion.  
Helps reset the shoulder girdle position.

## Instructions:

### Chair:

1. Sit in a chair with your ankles, knees and middle of thighs inline.
2. Level your pelvis.
3. Place something between your knees to help you keep your legs lined up and pelvis facing forward.
4. Place one hand on the opposite knee.
5. Place the other hand behind you on the chair.
6. Use your back shoulder blade to pull you into a twist. Let your head follow the same direction as the twist.
7. Hold for 30 seconds and breathe.
8. Repeat on the other side.



### Standing:

1. Stand next to a wall with your feet about 1.5 feet apart and inline like you are standing on a balance beam.
2. Place your hands on the wall at about shoulder height.
3. Use your back shoulder blade to pull you into a twist. Let your head follow.
4. Hold for 30 seconds and breathe.
5. Repeat on the other side.



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# Quad Stretch

## Promotes:

Releases quads/thigh muscles and promotes hip extension.



## Instructions:

1. Stand upright with either one foot propped up on a table/desk or hold one foot with your hand.
2. Squeeze the glute/bum of the lifted leg to find a good stretch in the front of that same thigh.
3. Hold for 30 seconds to 1 minute and breathe.
4. Repeat with the other leg.

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# Wall/Counter Stretch

## Promotes:

Upper back extension, femur gliding in the hip socket, 360 chest opening. Helps reset the shoulder girdle position. Also can stretch backs of the legs.



At Wall



At Counter

## Instructions:

1. Stand at a wall or something countertop height.
2. Place your hands on the wall/counter in front of you.
3. Back your feet away and fold forward, keeping your ankles are under your hips.
4. Let your chest pull through between your arms.
5. Keep your ears by your arms.
6. Hold for 30 seconds to 1 minute and breathe.

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# Hip Hinge

## Promotes:

Glute/Bum and low back opening and releasing.



**Instructions:** Think of this as kind of like a toe touch, but not really.

1. Start in a regular standing position.
2. Begin to fold forward like you are going to touch your toes **while you send your sits bones horizontally straight back**. Knees can be bent.
  - a. You should feel your bum and low back open. This is not meant to be a hamstring stretch.
  - b. It may help to place your hands on something.
3. Hold for 30 to 60 seconds and breathe.

**Notes:** Your sits bones are those bottom most bones on your bum, the ones you sit on. When folding/bending forward your sits bones can go one of three ways:

- Upwards for a hamstring stretch.
- Downwards to round your upper back more.
- Horizontal to open and release your glutes/bum and low back.

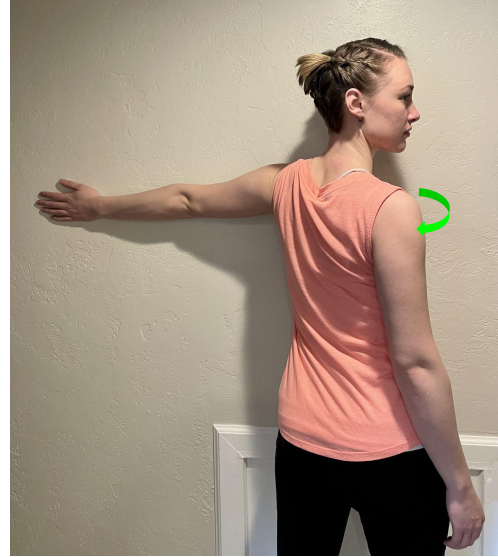
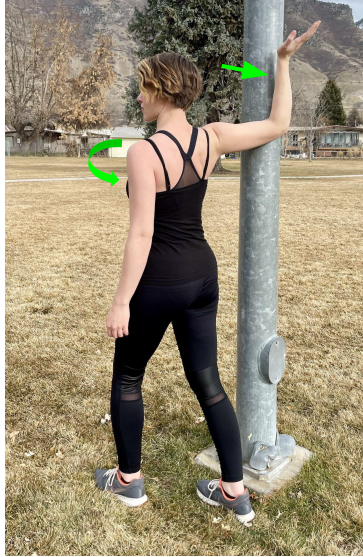
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# Chest Openers

## Promotes:

Releases the pecs, chest, and muscles between the ribs to open the chest up and separate the ribs. Helps reset the shoulder girdle position.



## Instructions Doorway/Post:

1. Actively cock one arm back like you are ready to throw a baseball and maintain this for the entire exercise. You should feel work happening under your shoulder blade to cock your arm back.
2. Step through a doorway with the opposite foot until your cocked elbow rests on the front side of the door frame, which will push your arm back slightly. Only go as far as is comfortable for you with a slight stretch.
3. Turn your chest away from the cocked arm. Only go as far as is comfortable for you with a slight stretch.
4. Hold here for 30 to 60 seconds and breathe.
5. Repeat with the other arm.

## Instructions Wall:

1. Stand facing a wall with your toes a couple inches away from the wall.
2. Place one hand on the wall with a straight arm at about shoulder height.
3. Rotate your upper body away from the arm on the wall. Only go as far as is comfortable for you with a slight stretch.
4. Hold here for 30 to 60 seconds and breathe.
5. Repeat with the other arm.

**Notes:** If you experience nerve pain or numbness try raising or lower your arm.

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# Elbow Curls

## Promotes:

Lubricates shoulder blades and rotators. Opens the pecs and chest. Strengthens the shoulder blade muscles. Helps reset the shoulder girdle position.



## Instructions:

1. Stand or sit with your hands in the golfer's grip, knuckles on your temples, thumbs pointing down.  
Golfer's grip: thumbs out, fingers curled, palms open.
2. Take your elbows out to the side by squeezing your shoulder blades towards each other.
3. Then bring your elbows towards each other at shoulder height. Keep your wrists straight. (Your knuckles will roll on your temples as you do this, that's okay.)
4. Alternate back and forth between taking your elbows out to the side and together in front of you 10-20 times.

**Notes:** Do not force your elbows to go past where is comfortable.

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