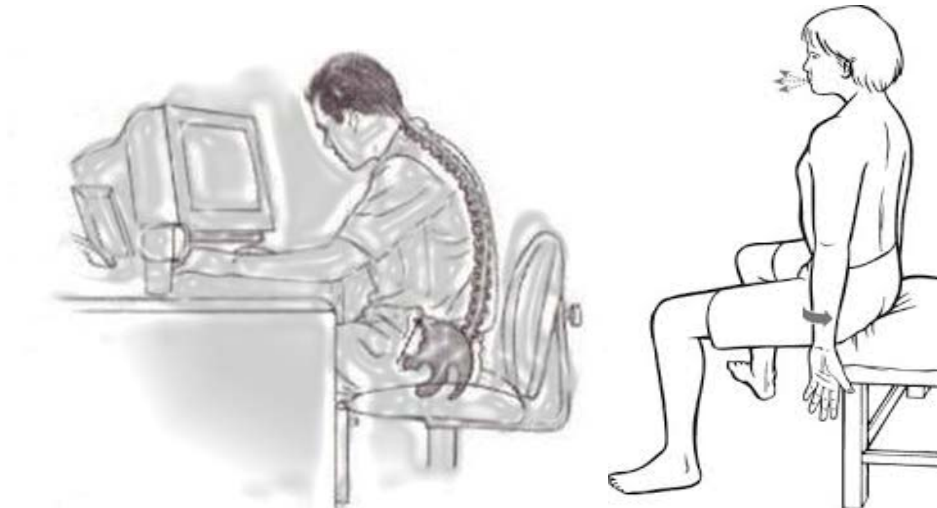


## SALISBURY CHIROPRACTIC and PHYSIOTHERAPY

### HUNT'S SLUMPED POSTURE EXERCISE (HSPE)

Hunt's Slumped Posture Exercise prevents slumping and strengthens your neck, upper back and core muscles. It promotes stability and relaxes muscles that tighten due to postural stress (see Figure 1). Check the tension in your upper back and shoulders in the slumped posture and then in the posture exercise position. Muscle tension is dramatically reduced. Another check is to turn your head in the slumped and corrected postures. There is an improvement in the posture exercise position.

Figure 1



#### **FOLLOW THESE SIX STEPS:**

1. Sit with on the edge of your chair.
2. Spread your legs apart slightly and turn your toes out.
3. Rest your weight on your feet and relax your abdominal muscles.
4. Arms straight by your side and turn your palms outwards.
5. Tuck your chin in and open up your chest with a deep breath, then squeeze your shoulder blades together and downwards as you breathe out.
6. ....so chin in and chest out.....reverse the slump!

This postural exercise should be done for 10 seconds every 20 minutes especially when sitting at a desk or computer. It can be incorporated into sitting, standing, walking, and lifting. Within a few weeks, you will sit and stand straighter naturally. When this occurs, conscious effort is not as necessary because you have learned a new skill and postural habit.