Corrective activities for Postural Assessment test:

An exercise for improvement of all postures.

**Wall Drill**
This exercise can be performed to help practice good standing posture. Stand with head, shoulders, and back against wall and heels about 5-6 inches forward from the wall. Ensure the knees are not locked. Draw in the lower abdominals, decreasing the arch in your low back. Slowly exhale and pull the rib cage flat to try and flatten any space between middle back and wall. Hold 5-10 seconds. Repeat 10 times.

![Figure 4. Wall Drill exercise](image)

**Head Position Correction**

*If the head is forward:*

**Chin retractions**

While the athlete is positioned against the wall, pull head back and press against the wall keeping the chin level. The chin should slide back similar to a drawer and should not drop or lift. Hold 5-10 seconds. Repeat 10 times.

![Figure 5. Chin Retractions](image)
Shoulder Position Correction

*If shoulders are rounded and forward:*

**Scapular retraction and depression**

While athlete is positioned against wall as outlined above pull shoulder blades down the back and squeeze them together. Focus on trying to flatten the back of the shoulder blades against the wall and avoid arching the back or pulling the head away from wall. Hold 5-10 seconds. Repeat 10 times.

Figure 6. Scapular Retraction and Depression - side view

Figure 7. Scapular Depression and Retraction - Back view

Figure 8. Scapular Depression and Retraction - Top view
Low Back Position Correction

If low back is excessively curved forward:

Apply the Hip Flexor Length test. If the test indicates the hip flexors are stiff and shortened, corrected Hip Flexor exercises should be applied.

Pelvic tilt activities: Lay on your back with knees bent and feet flat on the floor. Slowly exhale, tighten abdominals and flatten low back against floor. Hold 3-5 seconds, release. Inhale and gently arch low back off of the floor. Repeat 10 times.

Figure 9. Pelvic Tilt- start position

Figure 10. Pelvic Tilt- start position
(arms moved to show position of spine)

Figure 11. Pelvic Tilt- arching spine upward
(arms moved to show position of spine)

Figure 12. Pelvic Tilt- flattening spine
(arms moved to show position of spine)
Perform Core Strength activities:

There is a wide range of these activities. It is most appropriate to attend the core strengthening module. The following is a sample of some basic exercises

**Supine Core Activation**

Lay face up on a mat. Bend knees and place feet flat on the floor. Inhale deeply into the abdomen and expand through the belly. Exhale fully. Slowly let the abdomen sink toward the floor. At the end of the exhale tighten and hollow the lower abdominals. Imagine zipping up the tightest pair of jeans you have ever worn. The abdomen should not bulge outward and try not to pull the upper abdominal inward (hollowing the abdomen just below the rib cage).

![Supine Core Activation](image1)

Figure 13. Supine Core Activation- Inhale and swell belly. Exhale and tighten lower abdominals.

![Supine Core Activation Errors](image2)

Figure 14. Supine Core Activation Errors- Tightening upper abdominals (left) or pushing belly outwards (right)
**Prone Core Activation**

Lay face down on a mat. Place hands palms down under forehead to support head. Inhale deeply into the abdomen and expand through the belly. Exhale fully and slowly lift the lower abdominals upward away from the floor. At the end of the exhale tighten and hollow the lower abdominals. Imagine zipping up the tightest pair of jeans you have ever worn. The abdomen should not bulge outward which is indicated by the pressure on the mat underneath the belly increasing. Try not to pull the upper abdominal upward (hollowing the abdomen just below the rib cage). Do not tighten the back muscles or buttocks.

![Prone Core Activation](image)

*Figure 15. Prone Core Activation*

*If the low back is flattened:*

- Apply the Hamstring Length Test. If the test indicates the hamstrings are stiff and shortened, corrective exercises for Hamstring Length should be applied.
- Pelvic tilt activities - as above
- Core strengthening activities – as above

There is a wide range of these activities. It is most appropriate to attend the core strengthening module. Some basic exercises are outlined above.