

# Self-treatment of the slump posture

## Part Two: Intermediate exercises

### Back stretch on the ball

#### Your starting position:

- Have a health care professional show you how to get on the ball
- Sit on a ball of proper height for you (your knees should be at the same height as your hips with your knees bent at 90 degrees)
- Sit slightly on the front half of the ball rather than all the way on top of it
- Place your feet apart and firmly plant them on the floor.

#### The exercise:

- Place your hands on the ball next to your hips and slowly lower your body on the ball
- Your hips should be below your shoulders and your neck should be on top of the ball
- If your head and neck do not sit comfortably on the ball support your neck in your clasped hands
- If you feel your neck is well supported allow your arms to stretch outwards
- Take a few deep breaths in and out
- If you feel at all dizzy place your hands under your neck again being sure that your head is not extending backwards, or simply sit back up using your hands on the ball for support as you walk up to a sitting position.

Duration \_\_\_\_\_

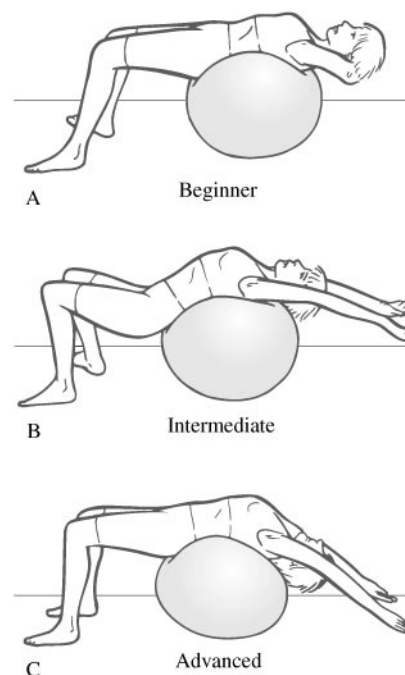
Frequency \_\_\_\_\_

### Back stretch with foam rolls

#### (A) Vertical (easier)

#### Your starting position:

- Sit back on a half foam roll placed vertically under the full length of your back



**Fig. 1** Back stretch on the ball.

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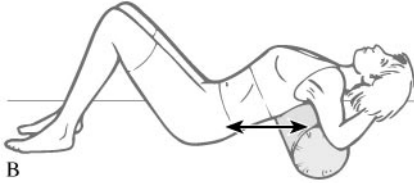
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A



B

**Fig. 2** (A) Foam roll stretch (vertical) (B) Foam roll stretch (horizontal).

Be sure your head and neck are supported and that your knees are bent with your feet on the floor.

**The exercise:**

- Begin with your arms at your sides and then slowly raise them overhead
- Keep your chin slightly tucked in throughout the exercise
- You can progress this exercise from a half roll to a full roll.

Duration \_\_\_\_\_  
Frequency \_\_\_\_\_

**(B) Horizontal (harder)**

**Your starting position:**

- Place a foam roll horizontally on the floor
- With your knees bent and your hands clasped behind your neck lay back over the roll.

**The exercise:**

- Lay your mid back over the foam roll and then roll your spine back and forth over it by slowly flexing and extending your knees
- It is alright to slightly lift your hips and pelvis off the floor
- Avoid letting your head fall back too far
- Don't allow your chin to poke up towards the ceiling
- This exercise can be made easier by using two full foam rolls or a single half foam roll.

Duration \_\_\_\_\_  
Frequency \_\_\_\_\_