

# Exercises to Prevent a Hunchback

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## 1. Shoulder Blade Pinches



**1. Stand up tall with your back to a doorway, with feet hip distance apart.**

**2. Moving your shoulder blades only (people try to move their arms to achieve this movement, which defeats the purpose), pinch the doorframe with your shoulder blades.**



**3. Hold for three seconds.**

**4. Relax.**

**5. Repeat steps 1-4 for 10 reps. Take a 30 second rest. Perform 3 sets total.**



## 2. Bird Dogs

**1. Get on to your hands and knees (hands should be in line with shoulders, and knees should be in line with your hips).**

**2. Make sure your back is flat and your abdominals are braced.**



**3. Reach your right hand forward and your left foot backward at the same time. Do not allow your hips to drop to one side or the other, make sure your back stays flat.**

4. Hold for a count of 5.
5. Return your right hand and left foot to the starting position.
6. Repeat 10 times.
7. Repeat steps 1-6 with the left hand and right foot.
8. Perform 3 sets of 10 on each side.

**\*\*Modification: If you are unable to do your hand and foot at the same time, start with kicking just your foot back, maintaining the hip and back position, then switch sides. You can also perform with just one hand reaching forward, then repeating on the other side. Over time, you can work up to hand and foot together.\*\***



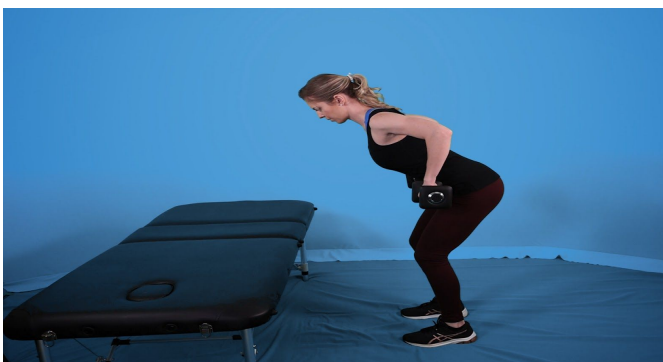
### 3. Bent Over Rows

1. Grab one dumbbell in each hand.
2. Stand upright with feet hip distance apart, keep a slight bend in both knees.



3. Tip forward at the hip (\*\*DO NOT ROUND YOUR BACK! YOUR BACK SHOULD BE FLAT- Movement only comes from the hip!)

4. You should be holding your dumbbells around knee height, and your palms should be facing towards the back of the room.



5. Maintaining your tipped forward position, bring your dumbbells towards your belly by bending your elbows and squeezing your shoulder blades together.

6. Return your dumbbells to knee height.
7. Repeat 10 times.
8. Rest for 30 seconds after you've completed 10 repetitions.
9. Perform 3 sets of 10 total.

## 4. Dumbbell Squats



1. Grab one dumbbell in each hand.

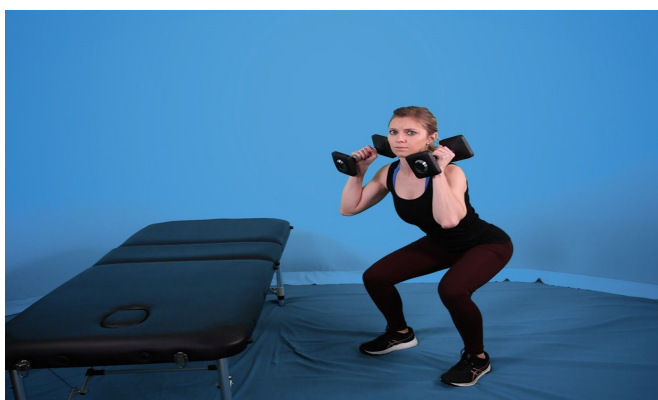
2. Stand upright with feet wider than hip distance apart.

3. Bring your weights up to shoulder height by bending your elbows.



4. Keeping your back straight, push your hips backwards as if you were going to sit in a chair, and bend your knees to achieve a squat position.

\*\* You want to make sure your hips are pushing backwards, rather than your knees coming forward. Your knees should be in line with your second toe (i.e. not falling in or out)\*\*



5. Squeeze your buttocks as you return to a standing position.

6. Repeat 10 times.

7. Rest for 30 seconds after you've completed 10 repetitions.

8. Perform 3 sets of 10 total.



## 5. Chin Tucks

If you have never attempted a chin tuck before, I would do this exercise lying on your back with a pillow under your head. The pillow will provide you some feedback. Otherwise, you can do this exercise seated or standing.



1. Make an "L" with your thumb and index finger

2. Turn your hand so your thumb is pointing towards your chest.

3. Place your thumb on the notch at the top of your breastbone.



4. Bring your chin forward so it's touching your index finger (if it's not already).

5. Pull your chin away from your index finger.

**\*\*I tell people to imagine someone is trying to kiss you and you don't want them to. The important thing is to pull your chin straight back (like you're making a double chin), rather than lift it up and away from your finger (like you're looking up to the ceiling).\*\***

6. Hold for 5 seconds.

7. Return your chin to the starting position.



**8. Repeat steps 4-7 10 times.**

**8. Rest for 30 seconds after you've completed 10 repetitions.**

**9. Perform 3 sets of 10 total.**

You can really never do "enough" chin tucks! Make sure you repeat this throughout your day!