

Functional Movement for Postural Deviations

Presented by: Natalie Aung Than (BSc Hons) & Trevor Aung Than (BSc Physiotherapy)

Postural imbalance is characterised by tightness (i.e. limited range of movement) and muscle inhibition (inability to execute a movement). **Exercise** should incorporate a wide range of movement to balance of the body's supporting structures.



Thoracic Kyphosis

Exercises for imbalance:

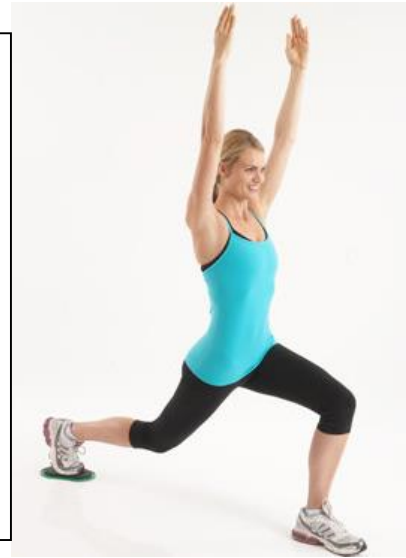
Extension of the spine:

(supermans, cobra variations)

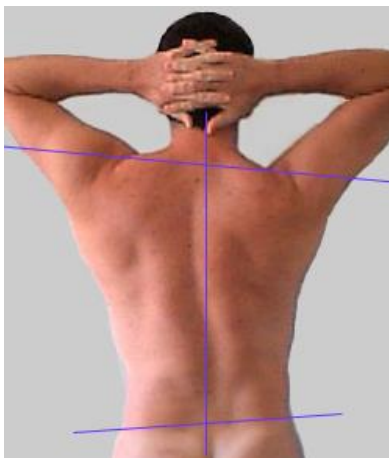
Shoulder flexion

Shoulder depression / retraction

Pectoralis major stretch



Images from: <http://www.elephantjournal.com>, <http://www.popsugar.com.au/>



Scoliosis

Exercises for imbalance:

Lateral flexion (variations)

Transverse plane twists

Cat and cow

Knee-to-nose



Images from: <http://glownaturalhealth.com/>, <http://www.heidiyoga.com/blog/10-fat-burning-yoga-poses>



Winged Scapula

Exercises for imbalance:

Straight-arm push-ups

Bench press

Punching movements



Image from: <http://www.liverpoolshoulderclinic.com/>, <http://www.sensational-yoga-poses.com/scapular-awareness.html>

Trev and Nat Aung Than: Airyogaperth.com.au

WAIFIC 2014 Perth Convention Centre



Lordosis

Exercises for imbalance:

Cat and Cow
TA crunches
Prone handstand
Supine pelvic tilt
Multifidus strengthening exercise



Images from: <http://fitness.makeupandbeauty.com/incorrect-posture-causes-back-pain/>, <http://www.massagewilliamsburg.com>



Hyperextended Knees

(Often with Patello-Femoral Syndrome)

Exercises for imbalance:

Knee flexion:
Squats (including VMO)
Climbing
Bike-riding



Images from: <http://www.balancewinnipeg.com>, <http://viltiesverinelai.it/>



Flat Feet

Exercises for imbalance:

One-Leg Balance Exercises,
e.g. Penny and the Pen
Stretches for feet and ankles
Plantar flexion

Images from: <http://galleriapodiatry.com.au/common-conditions/flat-feet/>, <http://www.youtube.com/watch?v=zb1Z-mA7iXk>

Note: Always utilise variations and modifications appropriate to your client's level of fitness.