Set of exercises for the correction of posture defects related to working at the computer.



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**Set of exercises for the correction of posture defects related to working at the computer.**

**AIMS:**

\* removal of muscles tension, prevention of contractures

\* increased mobility in individual sections of the spine

\* improving circulation

\* strengthening the muscles responsible for maintaining correct posture

**EDUCATIONAL ACCENT:**

\* shaping the need for self-control

\* conscious participation in classes

\* implementation to do home exercises

**WAYS OF EXERCISING**

* We perform the exercises in the form of a circuit
* We perform each exercise in 10 repetitions
* We make from 2 to 4 circuits, with a break of max. 3 minutes between circuits
* We precede the exercises with a short warm-up

**MOBILIZATION OF THE NECK SPINE**

EXERCISE NO 1:

standing position, hands along the torso, bow your head to the side, an ear to shoulder;

bow your head to the side, a nose to shoulder



**MOBILIZATION OF THE CHEST SECTION**

EXERCISE NO 2:

lying sideways, legs bent at the knees, feet parallel, arms/ hands stretched forward, hands joined, abduction of the right hand to the side while turning the head /repeat second side/



EXERCISE NO 3:

position- propped kneeling, curvature of the spine / back in a bow, head between shoulders/

back to the position

collapse of the spine in the lumbar region, buttocks tense, head up, return to position





**LUMBAR MOBILIZATION**

EXERCISE NO 4:

position – propped knelling, sit on your heels, hands forward,   
bend the torso as far forward as possible - ‘’ Japanese bow’’





**MOBILIZATION OF THE ISCHIO – SHIN GROUP**

EXERCISE NO 5:

position- lying on your back, arms along the body, legs straight, lifting the leg, grabbing under the knee, pulling to the torso, straightening and bending in the knee state





**STRETCHING THE CHOKES**

EXERCISE NO 6:

position - sit straight, a slight stretch, right leg straightened, left leg bent at the knee joint, the foot of the bent leg touches the right leg, change side; bends towards the right leg, left leg straight

 

**MOBILIZATION OF HIP JOINTS**

EXERCISE NO 7:

position - propped kneeling, lifting the torso up while touching a right hand to the left toes, change side



**BREATHING EXERCISES**

EXERCISE NO 8:

Standing position, hands to the side, folded hands on the chest;

inhale slowly, right hand to the side, slow exhalation, right hand back, change to the other side

EXERCISE NO 9:

Standing position – arms sideways up, inhale,

hands down, exhale

