

POSTURAL ASSESSMENT

POSTURE	TIGHT MUSCLES	STRETCHING EXERCISES	WEAK MUSCLES	STRENGTHENING EXERCISES
FORWARD HEAD	SCM NECK EXTENSORS UPPER TRAPS	* rotation / lift chin (clavicular) * rotation / drop chin (sternal) * lateral flexion / drop chin / grab wrist	SCM NECK FLEXORS	* press forehead into hands * press crown into clasped hands * press temple into hand
ELEVATED SHOULDERS	LEVATOR SCAP	* rotation / drop chin / grab wrist	MIDDLE / LOWER TRAPS	* wide-grip barbell row * sitting cable bar row
KYPHOSIS (protracted shoulders)	PEC MAJOR LATS	* shoulder horiz abduction * shoulder lateral flexion * supine ball pec stretch * reverse-grip hanging bar stretch * trunk lateral flexion * overhead wrist pull	MIDDLE / LOWER TRAPS RHOMBOIDS	* wide-grip barbell row * sitting cable bar row * reverse crossover flye * reverse pec-dec flye * long bar rear pulldown * v-bar sitting row

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SWAYBACK (arms fall forward)	TFL / ITB ILIOPSOAS	* sitting spinal twist * roller MFR * supine pelvic raise * cobra * kneeling pelvic raise * hip flexor stretch	GLUTEALS / HAMSTRINGS	* lunge * straight-leg deadlift * bench step-up * squat * unilateral leg press * kickbacks * glute-ham machine * lateral leg raises * abduction machine * donkey kicks * lying leg curl * sitting leg curl * kneeling leg curl * good-mornings
LORDOSIS (anterior pelvic tilt / arched lower back)	ILIOPSOAS ERECTOR SPINAE	* supine pelvic raise * cobra * kneeling pelvic raise * hip flexor stretch * ball prone stretch * knees-to-chest stretch * single-leg crossover stretch * cat stretch * child's pose	ABDOMINALS GLUTEALS	* leg raises * crunch * bicycles * lunge * straight-leg deadlift * bench step-up * squat * unilateral leg press * kickbacks * glute-ham machine * lateral leg raises * abduction machine * donkey kicks

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FLATBACK (posterior pelvic tilt / rounded lower back)	ABDOMINALS	* cobra * overhead arm stretch	ILIOPSOAS	* adducted situps * leg raises
	GLUTEALS HAMSTRINGS	* single-leg crossover stretch * elastic band long sit * corner wall stretch * standing str * standing elastic band stretch * elevated leg stretch	ERECTOR SPINAE	* ball pelvic thrusts * prone hyperextension * lateral hyperextension * good-mornings * superman * bent-legged deadlifts
WEIGHT-SHIFTING	TFL / ITB	* sitting spinal twist * roller MFR	GLUTEALS / HAMSTRINGS	* lunge * straight-leg deadlift * bench step-up * squat * unilateral leg press * kickbacks * glute-ham machine * lateral leg raises * abduction machine * donkey kicks * lying leg curl * sitting leg curl * kneeling leg curl * good-mornings
	ADDUCTORS PIRIFORMIS	* standing groin twist * squat * wall adduction stretch * sitting groin stretch * single-leg crossover stretch * roller MFR		

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GENU VALGUS (knock knees)	ADDUCTORS	<ul style="list-style-type: none"> * standing groin twist * squat * wall abduction stretch * sitting groin stretch 	ABDUCTORS	<ul style="list-style-type: none"> * abduction machine * narrow leg press * narrow squat
GENU VARUS (bow legged)	<p>TFL / ITB</p> <p>PIRIFORMIS</p>	<ul style="list-style-type: none"> * sitting spinal twist * roller MFR * single-leg crossover stretch * roller MFR 	<p>ADDUCTORS</p> <p>HAMSTRINGS</p>	<ul style="list-style-type: none"> * wide squat * ball leg squeezes * lateral adductor leg raises * wide leg press * adductor machine * wide squat * straight-legged deadlift * straight-legged hyperextension * lying leg curl * sitting leg curl * kneeling leg curl * lunges * supine ball leg curls

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PRONATION (feet turn out)	PERONEALS CALVES	* roller MFR * step heel drop * runner stretch * roller MFR	TIBIALIS ANTERIOR	* dorsi flexion
ELEVATED HEELS	CALVES	* step heel drop * runner stretch * roller MFR	ILIOPSOAS ERECTOR SPINAE	* adducted situps * leg raises * ball pelvic thrusts * prone hyperextension * lateral hyperextension * good-mornings * superman * bent-legged deadlifts