

Posture Test

Head Forward Correction

Chin retractions

While the athlete is positioned against the wall, pull head back and press against the wall keeping the chin level. The chin should slide back similar to a drawer and should not drop or lift. Hold 5-10 seconds. Repeat 10 times.



Figure 1

Shoulders Forward Correction

If shoulders are rounded and forward:

Scapular retraction and depression



Figure 2- Scapular Depression and Retraction- Side view

While athlete is positioned against wall as outlined above pull shoulder blades down the back and squeeze them together. Focus on trying to flatten the back of the shoulder blades against the wall and avoid arching the back or pulling the head away from wall. Hold 5-10 seconds. Repeat 10 times.



Figure 3 Scapular Depression and Retraction- Back view

Lower Back Forward Correction

See Exercise 1 in **Appendix A** to work on core

See Hip Flexor and Quad Stretches in **Appendix B**

Lower Back Flattened Correction

See Core Strengthening in **Appendix A**

See Hamstring Stretches in **Appendix B**

Corrective Exercise:



Wall Drill

This exercise can be performed to help practice proper standing posture. Stand with head, shoulders, back and heels against a wall. Heels should be shoulder width apart. Ensure the knees are not locked. Draw in the lower abdominals, decreasing the arch in your low back. Slowly exhale and pull the rib cage flat, shoulders back, to try and flatten any space between middle back and wall. Hold 5-10 seconds. Repeat 10 times.

Figure 4