

## KYPHOTIC POSTURE PROGRAM

(Katzman WB, Sellmeyer DE, et al, 2007)

1. Warm-up (5 min) - ROM shoulders, chest, upper back
2. Strengthening - 3 sets 8 reps, elastic band, cuff weights
  - Prone trunk lifts to neutral - Arms "W" position
  - Quadruped arm/leg lift - cuff weights – ankle/wrist
  - Supine bilateral shoulder flex on roller - elastic band one arm at a time
  - Side-lying thoracic extension - elastic band
3. ROM (15 minutes) - 30 sec hold & diaphragmatic breathing breathing
  - Supine on roller chest stretching – Combine with shoulder flex
  - Prone hip ext - Stretch strap
  - Supine SLR - Stretch strap
  - Quadruped chest stretch and thoracic extension - Passive
4. Postural alignment (15 min) - Active
  - Postural correction - Standing, eyes open, closed
  - Sit to stand with neutral spine - On ball (10 reps)
5. Cool-down (5 min)
  - a) Wall push-up - Body weight resistance – 10x
  - b) Overhead arm wall slides - Lift arms from wall at end of range – 10x
  - c) Calf stretching – 30 sec hold – 1x each leg

**Watch Katzman Video:  
"Stand Tall Exercise Program" on  
DVD**