

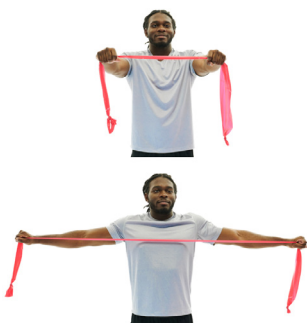
**ASK THE EXPERTS:****Exercises to Promote Better Posture**

Many of us experience poor posture. Improving your posture can help avoid tension, fatigue, and strain on your tendons, ligaments and muscles.

Learn from the world's #1 in Orthopedics how you can improve your posture with resistance band exercises.

**Elastic Band Bilateral External Rotation**

While holding an elastic band with your elbows bent, pull your hands away from your stomach area. Keep your elbows near the side of your body.

**Elastic Band Bilateral Horizontal Abduction**

Start by holding an elastic band in front of your chest with your elbows straight. Then, pull your arms apart and towards the side.

Return to starting position and repeat.

To make an appointment at HSS Florida, call **561.657.4581**, email [HSS4TheBreakers@hss.edu](mailto:HSS4TheBreakers@hss.edu), or visit [HSS.edu/TheBreakers](https://www.hss.edu/TheBreakers).

HSS Florida is an in-network provider for those team members enrolled in one of the Blue Cross Blue Shield health plans offered by The Breakers.

The information provided here is for general informational and educational purposes, and should not be considered medical advice for any individual problem you may have. This information is not a substitute for the professional judgment of a qualified health care provider who is familiar with the unique facts about your condition and medical history. You should always consult your health care provider prior to starting any new treatment, or terminating or changing any ongoing treatment.



## Elastic Band Scapular Retractions

- Tie the middle section of an elastic band in a knot and place it at waist height on the other side of a door and shut the door on it.
- Hold the ends of the band with your elbows straight and arms by your side. Pull the band back until your arms are by your side. Squeeze your shoulder blades down as you retract them together during this motion.
- While holding your arms at your side, allow your shoulder blades to protract forward and then retract them again. Repeat.



## Elastic Band Rows

- Tie the middle section of an elastic band in a knot and place it at elbow height on the opposite side of a door and shut the door on it.
- Start by holding the ends of the elastic band with both hands and pull back on the band as you bend your elbows. Return to starting position and repeat.
- Keep your elbows about 45 degrees away from your body the entire time.



## Elastic Band - Lat Pulls / High Rows

- Tie the middle section of an elastic band in a knot and place it at the top and opposite side of a door and shut the door on it.
- Hold the ends of the elastic band while both arms are raised up and in front of your body with your elbows straight. Your arms should be elevated. Next, pull the band downwards as you bend your elbows. Return to starting position and repeat.

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