

## Hunch No More: 1 Page Cheat Sheet (No Floor Poses)

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**Better Sitting:** Whenever you sit down, take a moment to slide your sit bones as far back on the chair as you can. 1. Hip hinge forward with a neutral spine. 2. Unweigh one butt cheek and move it backwards on the seat. Do this several times on each side until your sit bones are as far back as they can go. Then lean back while keeping your hip crests rotating forward.



**Reclining chest stretch in bed with a back stretcher** (don't use a block under your back):

Put the back stretcher on its highest setting. Optionally put the back stretcher on a big tray. Adjust the position of the back stretcher under your back until you feel the biggest opening in the front of the chest **that you can still fully relax into**. If the back stretcher is too high on your back, it may not help your hyperkyphosis. Move your arms out to the side and rotate them so your palms are facing up. When you are ready to come out, roll down onto the floor and onto your side, then support your weight with your arms to come up sideways. Sitting straight up with momentum immediately re-tightens what you just stretched.



**Allowing Your Breastbone to Float Up:** Multiple times per day, for 10-120 seconds each. Place one hand on your belly button and one hand on your breastbone to notice the movement. Optionally stand with your back against a wall.

On an exhale, gently engage your belly muscles. As you inhale, keep your belly muscles engaged and notice your breast bone lifting up and away from your belly button as your lungs fill slowly. Allow your breast bone to float up as a side effect of the expansion of your lungs. Please don't try to pull up on your breastbone with your neck or throat muscles or by lifting your shoulders. That is counterproductive!

As you exhale, let the breast bone settle back down, but not quite as far as where it started. With each inhale, let the breastbone float up an extra millimeter or two, and with each exhale, let it settle one or two millimeters less.



*Feel free to measure your head position before and after either exercise for some positive feedback!*

