

## Seated, with or without resistance band

This exercise will help to strengthen the muscles between the shoulder blades. These help to pull your shoulders back. This allows you to stand more upright by counteracting forward flexion of the spine and may improve posture.

**However**, as osteoporosis or arthritis in the spine are common, there may not be a change in your alignment. You can still strengthen the muscle in your back.

### Instructions

1. Sit tall on a chair away from the back rest
2. Stabilise the shoulders by drawing shoulder blades back and down.
3. Draw/pull elbows back, squeeze through the mid back.
4. Start with no resistance to get the movement right, then add a resistance band, holding one end in each hand.



### Tips to help you get the movement right

- Do not flex or extend the wrist.
- Keep tummy muscles switched on and shoulders relaxed.
- If using bands, make sure the band is secured around the arch of the shoe or around a solid pole.
- Pay attention to your shoulders. Don't let them tense. Allow them to relax and draw away from the ears.

## CONTACT US

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