What is the most common bad posture?
Headforward posture
Posture for using cell phone
Reading posture

- Desk too far for reading or writing
- Desk at better angle for reading, good angle for writing
- Desk at best angle for reading

Slightly bent forward:
- 20°-45°
- Elbow height + 3-5 cm
- Hollow-of-the-knee height + 8-10 cm

Work in upright sedentary position:
- Elbow height + 3-5 cm
- Hollow-of-the-knee height + 3-5 cm

Foot stool

When you lean back during short breaks, it will take a load off your back.
Correct posture

Good Posture When Standing

- Ear hole lines up with center of shoulder
- Chin parallel to floor
- Shoulder aligns with hips
- Thumbs face forward
- Hips align with ankles
- Weight distributed evenly in both feet
- Ears even
- Shoulders even
- Hips even
Standing postures

- Sway Back
- Anterior Pelvic Tilt
- Thoracic Kyphosis
- Forward Head
- Good Posture
Exercises for AS patients
What is the posture of your mind?
Critical exercise: deep relaxation
Advancing ankylosing spondylitis
Purposes of exercises

• 1. Prevent falls
• 2. Prevent hunchback
• 3. Prevent flexion contracture of hips
Ankylosing spondylitis patients have high risk of fracture from falls

- Risk of fracture in a lifetime = 4-18%
- Many fractures happen with low impact injuries
- Risk of spinal cord injuries = 11 times more common
Test yourself if you are steady
Exercise for fall prevention:
tandem gait
More challenging tandem gait

- With eyes closed
- With head shaking
Fall prevention exercises:
stand on one leg with eyes open/closed

Lift one foot up slightly.
Eyes open or closed.
Stand 10 seconds.
Repeat 3 times.

I LEG STANCE

whyiexercise.com
Prevent hunch back with posture
Practice posture in front of a mirror
Prevent hunch back exercise: Mountain pose

Mountain Pose

1. Relax Face, Neck And Throat. Look Straight Ahead.
2. Pull Shoulder Blades In And Lift The Chest.
3. Try To Bring Tail Bone In, While Moving Thighs Back.
4. Lift The Kneecaps By Tightening The Thighs.
Prevent hunchback with tree pose
Prevent hunchback with cactus pose

To strengthen the upper back and stretch the chest

To strengthen the upper and lower back

To strengthen the upper and lower back

To stretch the chest and fronts of the shoulders

"Cactus arms" adaptation

Every yoga practice must have purpose, order and meaning.
Principle of upper back posture
Pushup and squeeze shoulder blades
Lying over an overball to stretch upper back
Stretch upper back
Strengthen the back muscles
Prevention of neck flexion contracture
Most effective stretch
Prevention of hip flexion contracture
Thank you