



StraightenUpIreland

ABOUT THE PROGRAMME

Straighten Up Ireland for adults is a simple, three minute posture care programme designed to help you feel and look your best.

The programme is divided into three quick sessions:

Stars (warm up)

Flying Friends (posture care)

Core Balance (to finish off the session)

Through the help of this leaflet, you can learn these daily exercises to help improve your posture and spinal health.

By promoting balance, strength and flexibility in your spine, the risk of getting problems with your back now and in the future can be substantially reduced.

There are other things you can do with the CAI Golden Rules:

- Make time to check your bag/briefcase each day for items you won't need. Additional weight in your bag is extra weight that your shoulders and back have to bear.
- If you work at a desk, take the time to adjust your chair when you start work in the morning. Your seat should be adjusted so that your feet are flat on the ground, your hips slightly higher than your knees and your eyes level with the centre of the computer screen. Use a seat with arm rests.
- 10 minute rule – if a journey would take you less than 10 minutes to walk, then leave the car at home!
- Whatever you are doing, take regular breaks if you can. Never sit in the same position for more than 40 minutes, less if possible. When you do take a break walk around and stretch a little.
- Try to use the stairs instead of a lift or escalator.
- If you get a bus to work, get off a few stops earlier and walk the remaining journey.
- Exercise needn't be dull, join a fun class like salsa or belly dancing and go with a friend. It's much more fun with two.

IMPORTANT NOTE: These exercises are designed for healthy adults, please check with your GP or chiropractor, before continuing with this programme.

More Information
www.chiropractic.ie

The Chiropractic Association of Ireland 021 485 7775

A three minute posture care programme

Straighten Up is an enjoyable three minute spinal health programme designed to help you feel and look your best.

START HERE

BASIC RULES

1. Think positively.
2. **STAND TALL.** Straighten Up with a confident posture (ears, shoulders, hips, knees, and ankles should be in a straight line).
3. Breathe calmly, deeply and slowly from your stomach region.
4. Move smoothly. Do not jerk or bounce.

Notice: Check with your GP, chiropractor or other healthcare practitioner before starting Straighten Up to make sure the exercises are appropriate for your specific needs.

1. THE STARS

WARM UP – STAND TALL

Straighten up in the **STAND TALL** posture. Ears, shoulders, hips, knees, and ankles should be in a straight line.

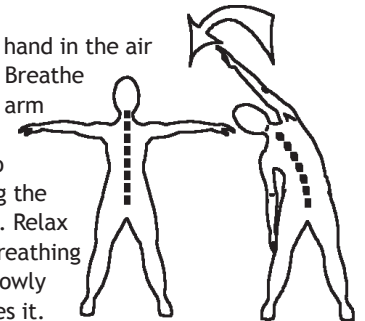
Pull your belly button in towards your spine.



TILTING STAR

* From the **STAND TALL** posture, spread your arms and legs into the Star.

* Facing forward, place one hand in the air with the other at your side. Breathe in as you slowly stretch one arm overhead, while slowly bending your entire spine to the opposite side and sliding the other hand down your thigh. Relax at the end of the stretch, breathing out and in again. Perform slowly twice to each side. Easy does it.

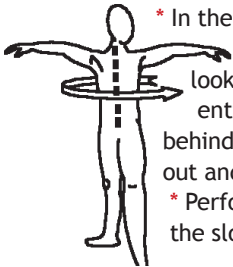


Now go to **TWIRLING STAR**

on **PAGE 2**

StraightenUpIreland

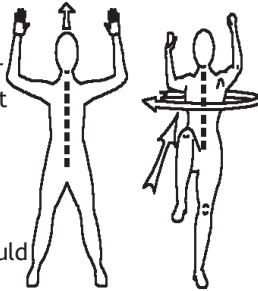
TWIRLING STAR



- * In the **STAR** position with belly button drawn inward, gently turn your head to look at one hand. Slowly twist your entire spine to watch your hand as it goes behind you. Relaxing in this position, breathe out and in.
- * Perform slowly twice to each side. Enjoy the slow gentle stretch.

TWISTING STAR

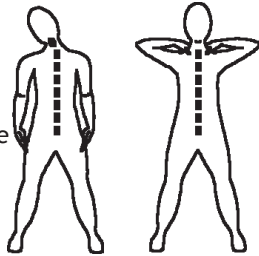
- * From the **STAR** position, raise your arms in 'hands up' position. Bring your left elbow across your torso towards your raised right knee. Repeat the movement using your right elbow and left knee.
- * Remain upright as you continue to alternate sides for 15 seconds. Breathe freely. Enjoy.
- * Individuals with balance disorders should use caution if attempting this exercise.



2. THE FLYING FRIENDS

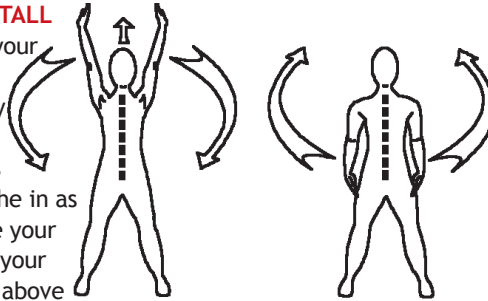
TRAP OPENERS

- * Breathe deeply and calmly, relaxing your stomach region. Let your head hang loosely forward and gently turn from one side to the other.
- * Using your fingers, gently massage the area just below the back of your head. Move down to the base of your neck.
- * Then relax your shoulders and slowly roll them backwards and forwards. Enjoy for 15 seconds.



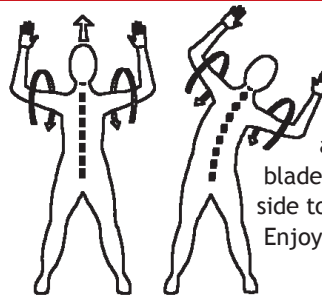
THE EAGLE

- * In the **STAND TALL** posture, bring your arms out to the sides and gently draw your shoulder blades together. Breathe in as you slowly raise your arms, touching your hands together above your head. Slowly lower your arms to your sides as you breathe out. Perform three times.



THE HUMMINGBIRD

- * Next, make small backward circles with your hands and arms drawing your shoulder blades together. Sway gently from side to side in the **HUMMINGBIRD**. Enjoy for 10 seconds.



THE BUTTERFLY

- * Place your hands behind your head and gently draw your elbows backward. Slowly and gently press your head backwards and resist with your hands for a count of two and release. Breathe freely. Perform three times.
- * Gently massage the back of your neck and head as you relax your stomach region with slow, easy breathing.



3. CORE BALANCE/WRAPPS

TIGHT ROPE



- * In the **STAND TALL** position with your belly button drawn in.
- * Take a step forward as if on a tight rope. Make sure your knee is over your ankle and not over your toes. Allow the heel of your back foot to lift. Balance in this position for 20 seconds. Repeat on the opposite side.

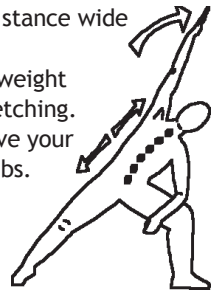
THE ROCKER

- * Position in the **STAND TALL** posture with your feet wider than shoulders, gently rotate your trunk from side to side. Easy does it.
- * Let your arms flop loosely, as you shift your weight from knee to knee.
- * Swing gently from side to side. Breathe calmly and deeply. Enjoy for 15 seconds.



EXTENDING THE SWORD

- * Stand in the **STAR** position, keeping your stance wide with your belly button in.
- * Turn your foot outward as you shift your weight to one side. Feel the groin area gently stretching. Place your knee over ankle and elbow above your knee as you extend your arm, torso, and ribs. Easy does it.
- * Older adults should place their hand on their knee. Stretch for 10 seconds to each side.



SHAKING LOOSE

- * Shake limbs loosely for 15 seconds.
- * This one is pure fun. We are done!

