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Bwrdd Iechyd Prifysgol
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University Health Board

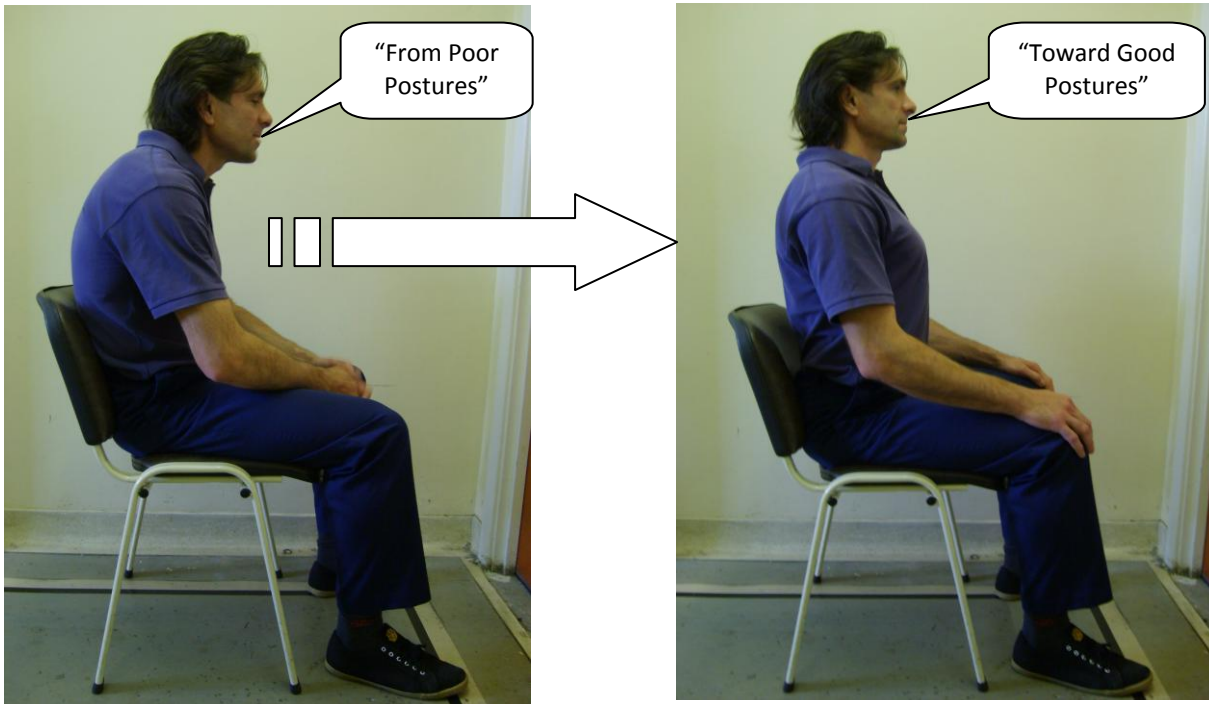
All Wales Adult Cystic Fibrosis Centre

Postural Exercise Programme Level 1

Important that these postures are explained, demonstrated and practiced with a member of the Physiotherapy Team before completing them independently

- Awareness, maintenance and improvement of Daily Postures from unhealthy slouched positions towards more healthy upright positions.

1) Sitting, standing and walking taller with confidence.



Main points: Chin in, squeeze shoulders gently “back and down” with open chest, and extend lower back. Hold for as long as you can (at least 10 seconds) and repeat often through day.

2) Relax lying flat on your bed for up to 20 minutes per day as tolerated.



Main points: gently squeeze your shoulders “back and down” into your bed.

3) Fit some form of cardio-vascular exercise into your routine

Gentle daily movements make me feel good, keep my muscles and joints healthy and improve heart and lung function.

- **Marching on the spot**

Time each day=

- **Walking on/off ward**

Time each day =



Try to make it out of your room and walk around the ward as often as your able to.

If you have any questions about ways to further improve your posture or about any part of your exercises, please talk to one of the physiotherapy team