



A simple approach
when life seems complicated

Rounded Backs: Common But Not Inevitable

You might be all too familiar with Moe's hunching back which happens when he's walking. Now that's a bit of a sore topic for you Moe, isn't it? Because people always tell you to straighten up and it's not so easy is it? He said to me that if anyone told him one more time to stop hunching he was going to give them something to hunch about. So thank you for talking about your problem today, Moe, because it's going to help a lot of other people. We're going to learn why this can happen and what you can do about it, to make sure that you are as safe and as happy as possible.

Important Points:

Why does hunching and rounding of shoulders happen? What can we do about it?

Why Rounding Happens

So, the first thing that I noticed about Moe, and I don't know if you noticed this Moe, but you were starting to be...your wheels were a little bit rusty as you were going around the house. You slowed down a little bit and even when you thought you were straight, you were still sort of like this...(demonstrates hunched over skeleton character named Moe.)

So why is that?

Well, the exact reason is yet to be determined but there's a complex system of sensors all the way from the eyes to the bottom of the feet that basically slow down in sending their signals up to the brain. And so you can imagine, with Moe's vision being not as good as it used to be,



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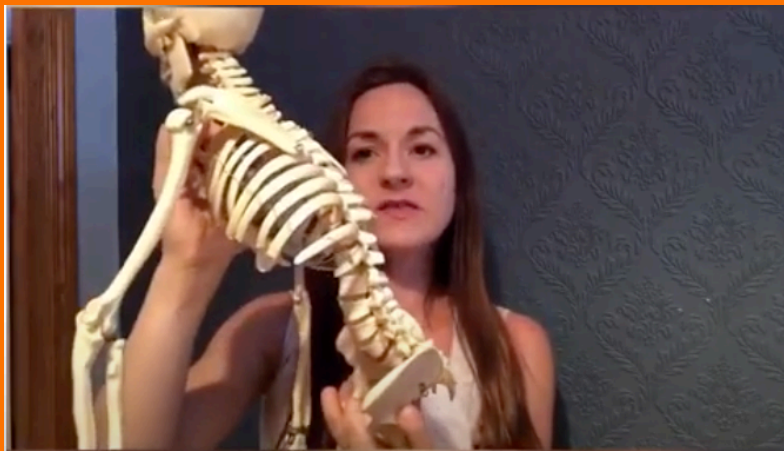
how that affects his posture, right? And when he has to really get in there to see things it's not just his head and neck that follow along. You see rounding the shoulders, right? Oh his leg just fell off! Moe, I knew you were going to do this to me! Every time we get a little crazy with movement, poor Moe just falls apart.
You okay? Okay, good.

So, what was I saying? Oh yes, I was saying everything in the shoulders rounds forward and that's unfortunate because we know that everything in life is already usually in front of us, so we have more than enough reasons to be rounded and not nearly enough reasons to open up.

resistance during the motions and it will really help to stretch and get the muscles in the knees and ankles moving and warmed up.

The Exercise

Join us at <https://movement.myhomephysio.ca> for physiotherapist led exercises which can help you increase the range of motion and prevent rounded back. We cover prevention exercises as well as strengthening tips to help support that lower back and increase hip movement and functionality.



Need Help?

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