eAppendix 1.
Global Postural Re-education Group: Home Exercises

AUTOPOSTURE

Perform these exercises on a mat placed on the floor. Each phase of the posture routine must be practiced without pain, keeping your breathing to the same level as what you perform in the physical therapy sessions in the clinic. Repeat the exercises twice a week for approximately 15 minutes each time.

Initial position:

Back stretched, flexion of the hips and the knees, and closed legs. Exhale deeply with a hand on the chest to lower the upper chest.

Move your hips in a posterior tilt position using the combined action of the lower abdominal muscles and the guidance of your hands.

Stretch with your hands on the nape of your neck. Keep the back of your head on the floor.

Place your arms at a 45-degree angle to your trunk, straighten your elbows, and place your palms pointing upward. Relax the shoulders, placing them away from the ears, and try to support them on the floor.

(Continued)
Closing arms:

Keep your arms at a 30-degree angle, without releasing the correct positioning of the shoulders or the support of the posterior portion of the head from the ground. Gradually, bring your arms to your trunk.

Opening arms:

Repositioning at 45-degree angle

Perform an intermediate step at 60-degree angle.

Return your arms to about 90 degrees, elbows straight, palms facing up. Relax the shoulders.