

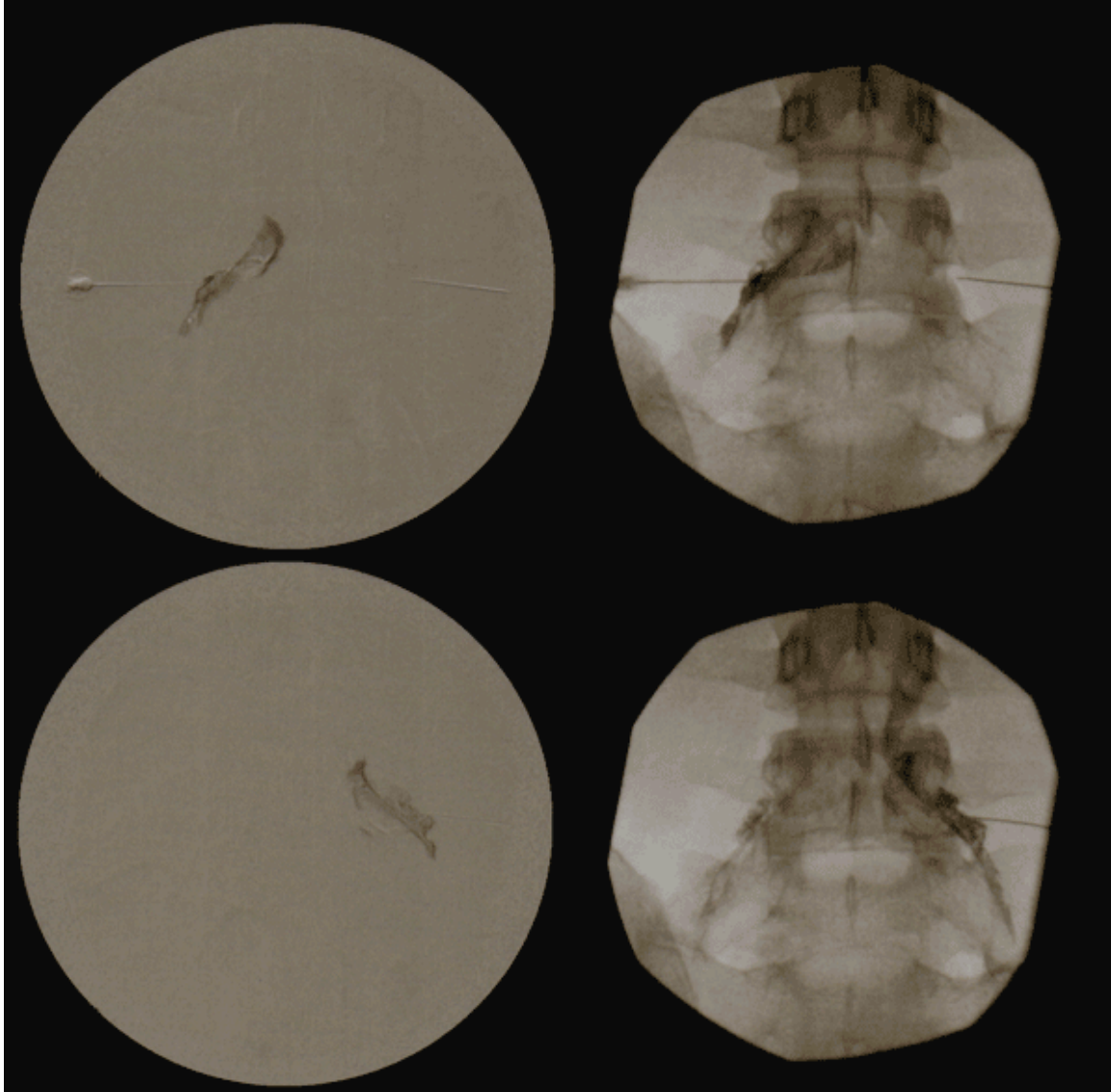
Programming
doesn't have your
back

Who am I?

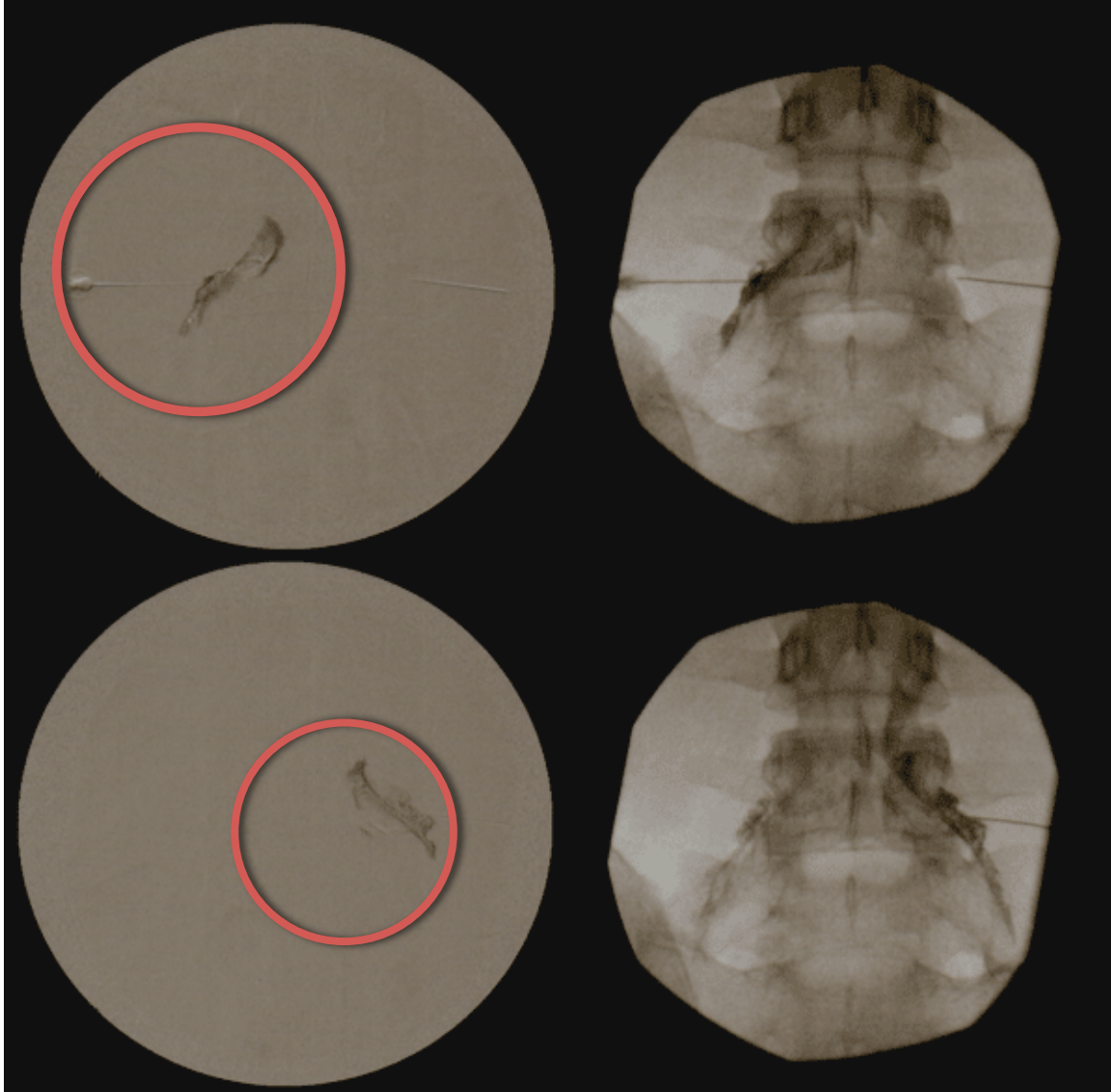
- Steve Tauber
- Programmer
- Not a Doctor
- Don't sue Me



What is this?



Back Surgery

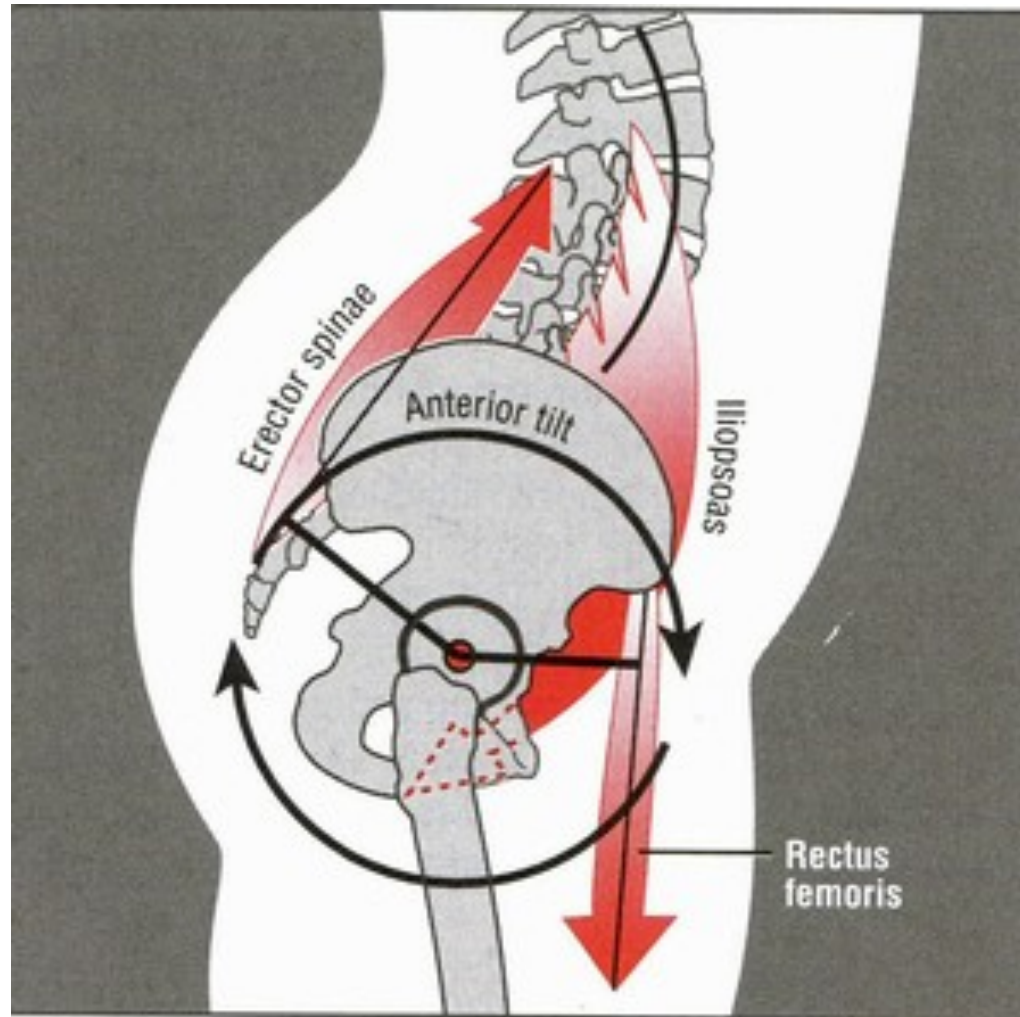


Problems you have (probably)

- Anterior Pelvic Tilt
- Rounded Shoulders
- Forward Head Position

== Bad Posture

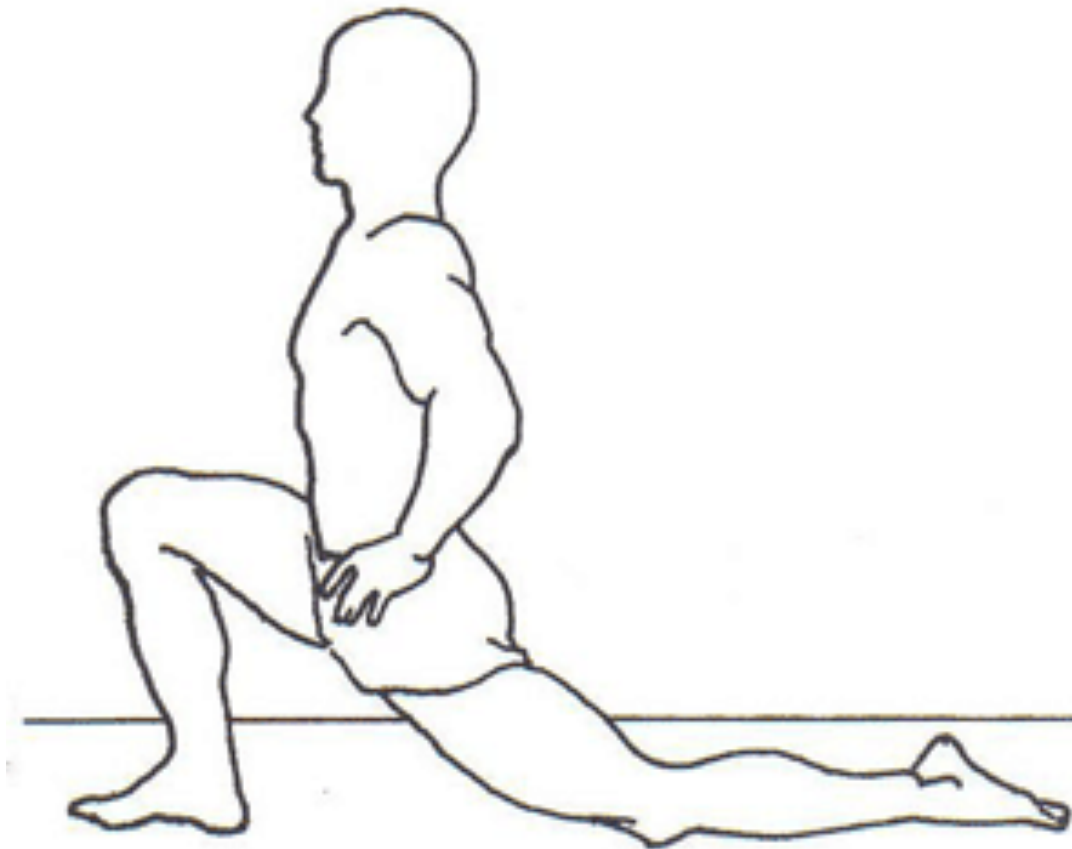
Anterior Pelvic Tilt



Why?

- Weak ass (glutes)
- Long hamstrings
- 1 pack (abs)
- Tight psoas
- Strong quads

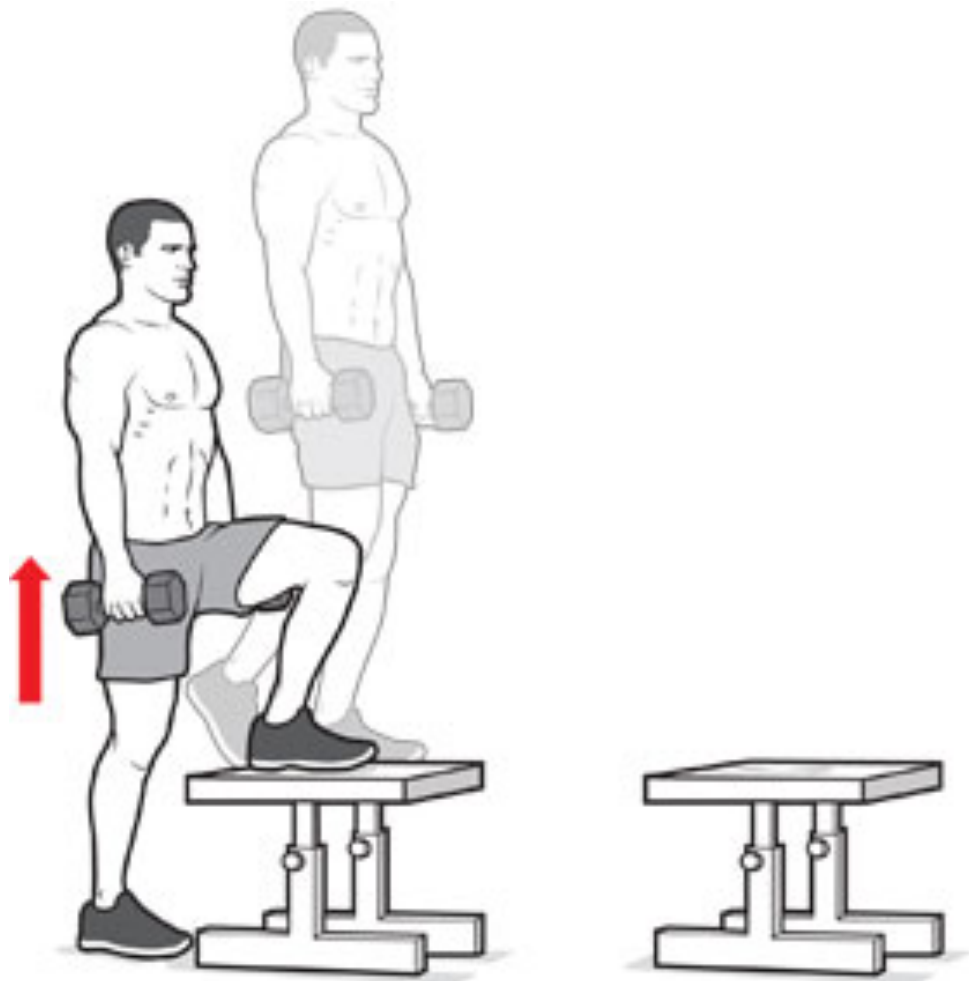
Stretching first - psoas



Stretching first - quads



Build muscle - glutes



Build muscle - hamstring



Build muscle - abs



Rounded Shoulders (kyphosis)



Why?

- Pecs are tight
- Lats are tight
- Low traps are weak
- Rotator cuff is weak

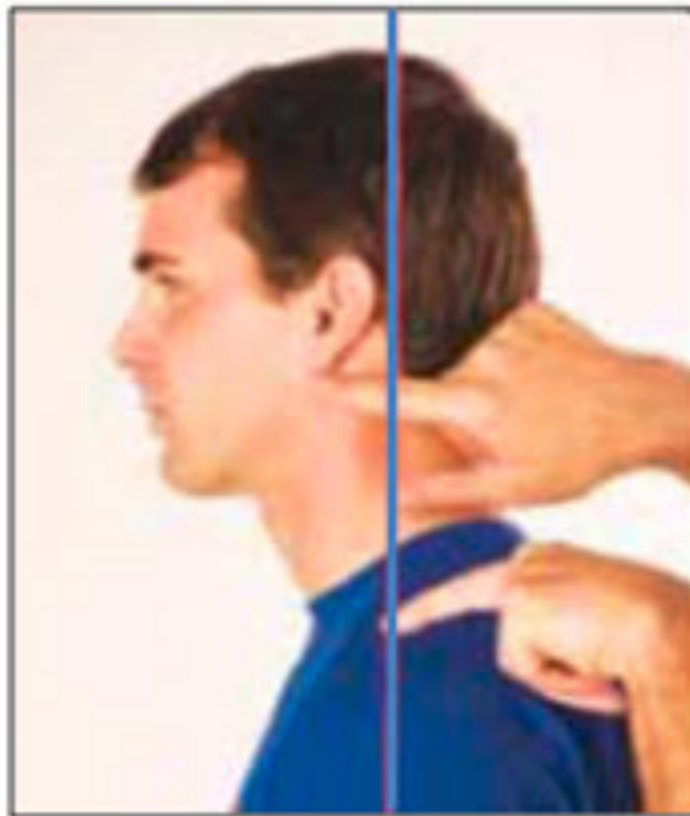
Stretch pecs & work traps



Forward Head Position



Correct

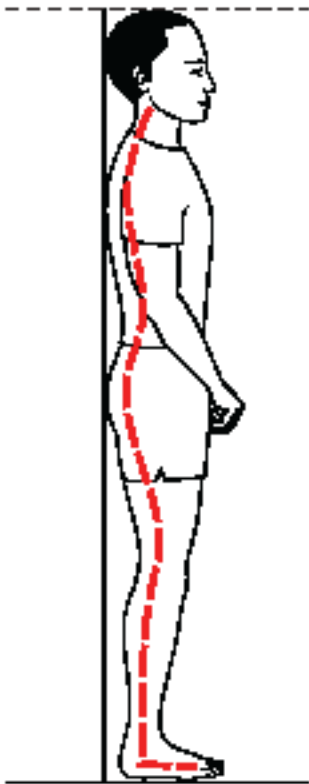


Forward Head

Wall lean



Positioning & Flap Arms



Cover Ears & Climb Ladder



No Questions!

- Lots of videos online
- More at the gym
- Ask a doctor
- github.com/stevetauber/talks