

STAND TALL EXERCISE PROGRAM DVD for kyphosis posture prevention and treatment

Tech ID: 24311 / UC Case 2014-008-0

INVENTION NOVELTY

Evidence-based exercise program developed to instruct in kyphosis posture prevention and treatment.

VALUE PROPOSITION

This novel invention provides the following advantages:

- Safe
- Enjoyable and easy to follow
- High level of compliance from users
- Positive feedback in beta testing mode
- Fast symptom relief
- Is specific for treatment and management of kyphosis

TECHNOLOGY DESCRIPTION

This evidence-based Stand Tall Exercise Program was developed at UCSF to improve postural alignment and reduce stooped posture, or excessive kyphosis, that often occurs with aging. Hyperkyphosis has been associated with reduced physical function and impaired quality of life in older adults. There is strong evidence that good posture may improve the way we function and even have a positive impact on our self-esteem. These kyphosis-specific exercises target the known impairments in spinal muscle strength, flexibility and postural awareness that are associated with kyphosis, and teach us how to integrate best posture into activities of daily living.

CONTACT

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INVENTORS

- Katzman, Wendy B.

OTHER INFORMATION

KEYWORDS

Copyrights, Posture correction

CATEGORIZED AS

- [Medical](#)
- [Rehabilitation](#)

RELATED CASES

2014-008-0

LOOKING FOR PARTNERS

To commercialize and distribute this exercise DVD as an effective treatment therapy and management tool for kyphosis.

STAGE OF DEVELOPMENT

Fully developed

DATA AVAILABILITY

Demo available for viewing under NDA.

Below are references to a few of Dr. Katzman's publications supporting the effectiveness of Stand Tall and a link to the Stand Tall course at UCSF:

Katzman, WB, Sellmeyer DE, et al. Changes in flexed posture, musculoskeletal impairments, and physical performance after group exercise in community-dwelling older women. Arch Phys Med Rehabil. 2007 Feb;88(2):192-9.

Powlowsky, SB, Hamel, KA, Katzman, WB. Stability of kyphosis, strength, and physical performance gains 1 year after group exercise program in community-dwelling hyperkyphotic older women. Arch Phys Med Rehab, 2009 Feb;Vol 90, Issue 2, Pg 358-361.

<http://ptrehab.ucsf.edu/patient-care/physfit-health-and-wellness-center/programs/stand-tall>

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