

POSTURAL EXERCISES

1. Sitting straight up in a chair, pull head straight back keeping eyes and chin level, as if you are trying to give yourself a double chin. Hold 5 seconds. Repeat 20 times.
2. Standing up straight, pull shoulders back, squeezing shoulder blades together and sticking your chest out. Hold for 1 second and repeat 20 times
3. Stand, holding onto a countertop for balance, arch back, pulling shoulders back but keeping hips forward. Hold for 1 second and repeat 20 times
4. Stand facing a corner. Put hands on each wall at chest height with elbows bent. Feet should be at least 2 feet from the corner. Lean forward until a comfortable stretch is felt across the shoulders and chest. Hold 10 seconds. Repeat 10 times.
5. Lay flat on back with both knees bent. Slowly lift buttocks up from the floor, as high as possible. Hold for 5 seconds. Repeat 20 times.
6. Lay on stomach in bed with toes hanging over the edge of the bed. Tighten muscles on the front of the thigh then lift thigh 2 inches from the bed, keeping the knee locked then bring the leg back down and lift opposite leg. Alternate leg lifts. Repeat 15 times.

** Please cease any exercise that causes pain or discomfort – consult your physician before initiating any exercise program