



Sternum Lifts

Reps: 5 **Hold:** 5 seconds **Freq:** 1-2 times a day

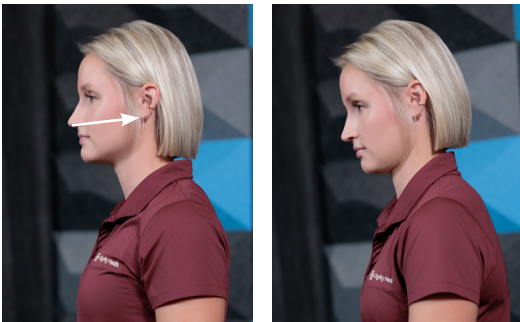
GOAL: To improve your overall posture to alleviate muscles in the neck and shoulders, and get stronger to be able to maintain healthy posture throughout the day.

Sit tall on a chair without the back supported, feet firmly planted, equal weight on the 'SIT' bones.

Lift up through the breastbone, to straighten the trunk, but do not over arch. Keep the lower rib cage relaxed and down. Notice how your shoulder stay soft and relaxed in this posture.

There is no need to actively pull your shoulders back.

Next, draw the head back in line with the shoulders, keeping the chin slightly tucked, thinking of lifting the back of the skull up off the neck, elongating the back of the neck. You should feel like you can breathe easily in the posture and that you are able to hold the posture for prolonged periods of time. If not, keep working on it, and as you do your postural muscles will get stronger. You are changing a longtime habit - give it time.

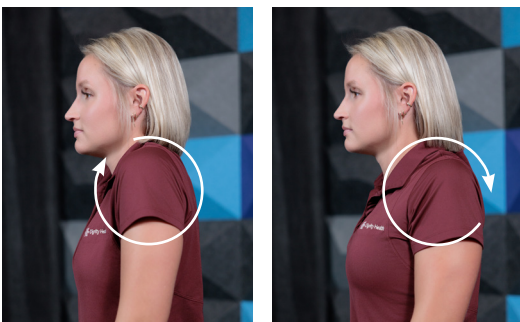


Chin Tuck

Reps: 10 **Hold:** 5 seconds **Freq:** 1-2 times a day

Sit/stand up straight, and look directly ahead of you. Gently move your head backwards to create a double chin. Feel the back of your neck lengthen in the process. You may even notice a stretching sensation to the back of your neck, which is ok.

This is a gentle and small exercise, so there should be no pain while performing this exercise.

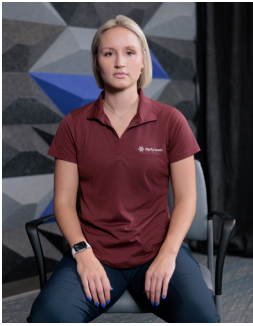
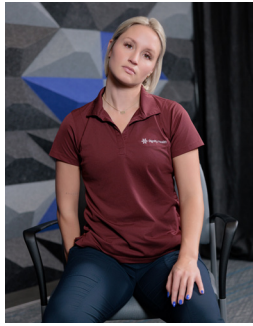


Shoulder Rolls

Reps: 10 **Freq:** 1-2 times a day

Move your shoulders in a circular pattern. Begin with small circles and increase size if desired.

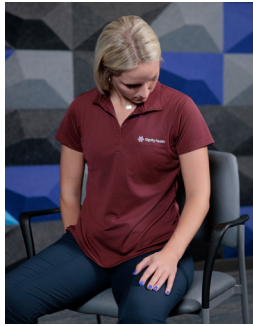
Continued on back



Upper Trapezius Stretch

Reps: 1 on each side **Hold:** 30 seconds **Freq:** 1-2 times a day

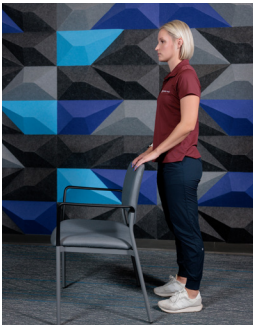
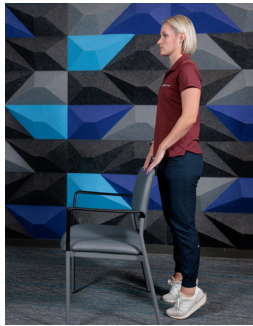
Place one hand behind your buttock to lower your shoulder, and move your head to the opposite shoulder feeling a comfortable stretch.



Levator Scapulae Stretch

Reps: 1 on each side **Hold:** 30 seconds **Freq:** 1-2 times a day

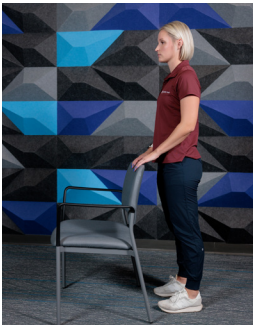
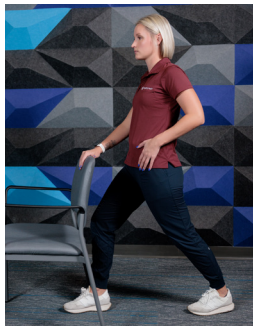
Place one hand behind your buttock to lower your shoulder. Turn your head to the opposite side and look down into your armpit.



Calf Raises

Reps: 15-20 **Hold:** 1-2 seconds **Freq:** 1-2 times a day

While standing, raise up on toes keeping knees straight. Perform smooth and controlled motions. Hold position on toes for 3-5 seconds.



Hip Flexor Stretch

Reps: 2 per leg **Hold:** 30 seconds **Freq:** 1-2 times a day

Put hands against a non-movable chair, desk, or wall. Step one foot back and bend your front leg forward. Perform a gentle scoop of your pelvis. Keep your back and neck straight. You should feel a stretch in the front of your back leg, upper thigh, and the back of your calf. Hold for 30 seconds.



Back Extension

Reps: 8-10 **Freq:** 1-2 times a day

While standing, arch your lower back using slow and controlled motions.