

Postural Exercises

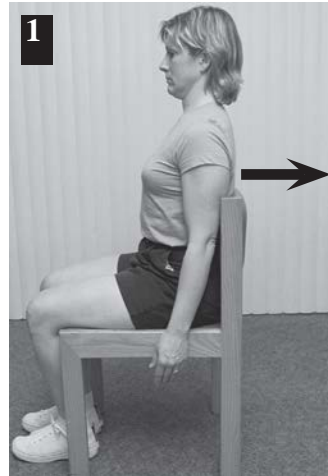
1. Isometric Trunk Extension

Sitting in a tall straight-backed chair with hips all the way back. Put a pillow or folded towel lengthwise behind your back if needed. Press your upper back into the chair.

Don't push with your hands or feet.

Hold each repetition _____ seconds.

Do _____ repetitions _____ times per day.



2. Chin Tuck

Sit or stand with good posture. Pull your chin back while looking straight ahead. Do not move head up or down.

You may feel a gentle stretch in the back of your neck.

Hold each repetition _____ seconds.

Do _____ repetitions _____ times per day.

3. "W" Exercise

Sit or stand with good posture. Place arms in a W position with shoulders relaxed (not hunched up). Bring elbows back, pinching shoulder blades together.

Hold each repetition _____ seconds.

Do _____ repetitions _____ times per day.



4. Money Exercise

Sit or stand with good posture. Place arms out to the side at shoulder level with elbows straight, palms up. Bring arms back, thumbs leading, pinching shoulder blades together.

Hold each repetition _____ seconds.

Do _____ repetitions _____ times per day.



5. "V" Exercise

Sit or stand with good posture. Start with hands crossed at hip level with thumbs facing opposite hips. Turn and lift arms straight out in front of you and up overhead, thumbs leading. Take arms as far back as you can without arching the low back. Hold arms in shape of a narrow V. Turn and lower arms to starting position.

Hold each repetition _____ seconds.

Do _____ repetitions _____ times per day.

