

POSTURE EXERCISES

THE FOLLOWING BEGINNER EXERCISES ARE BEST DONE IN A STURDY CHAIR WITH RUBBERIZED BOTTOMS (SO THAT THE CHAIR WON'T MOVE)

These exercises should first be performed with your therapist or trainer.



#1 CHIN TUCK

- Place your finger on your chin.
- Slide your head straight back.
- Don't tilt your head back or down.

#2 SHOULDER RETRACTION

- Slide your elbows back and pinch your shoulder blades together.
- Hold for a few seconds then relax.



#3 X TO Y



- Cross your arms in your lap with your thumbs pointing down.
- Bring your arms up and out towards the sky with your palms facing up.
- Bring your arms back to the crossed position, with your thumbs down.
- Do not perform this exercise if you have had a shoulder injury.



POSTURE EXERCISES

Continued



#4

BACK EXTENSION

- Interlock your fingers behind your head and neck.
- Take a deep breath in and lean your trunk backward (see picture).

#5

SIT TO STANDS

- Sit towards the front of the chair. using the armrests, stand straight up tall.
- Sit back down into the chair using the armrests.
- **Advanced Version** - only to be done with someone close by to help
- Stand up tall from the chair without using the armrests.



POSTURE EXERCISES

Continued

#6

FIELD GOAL STRETCH

- Stand facing a corner. Place your forearms and hands on the wall as in the first picture.
- Lean forward with one foot in front of you until you feel a gentle stretch.
- Perform the same stretch with your arms raised up in a “y” position.
- Hold each stretch 30 seconds, 3 times.

