

POSTURE EXERCISES

4 times daily (twice in the morning & twice in the evening), hold for 30 seconds each

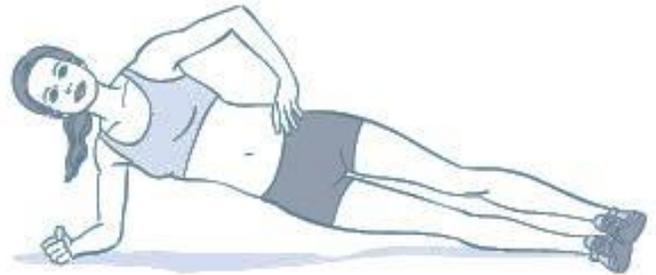
Side Plank- Obliques:

Start by lying on your side, legs straight, feet stacked. Straighten bottom arm, keeping it in line below shoulder, and place free hand on your hip. Flex feet and balance on sides of feet (feet are stacked).

Repeat on opposite side

Use abs to keep hips lifted. **Repeat sets twice in the morning and twice in the evening, holding for 30 seconds each side. Work up to 1-3 minutes.**

Don't allow hips to drop to the ground. Keep breathing steady.



Muscles Worked- Obliques:

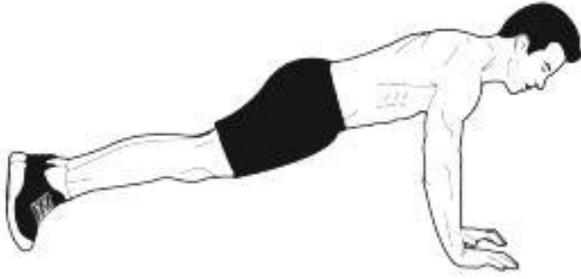
Lie on the floor or a mat on your back, with knees bent and hands behind your head. Feet should be flat on the ground. Keep a space between your chin and chest (looking diagonal towards the ceiling).

EXHALE: As you lift up, rotate upper body toward one side, then rotate back to center.

INHALE: Lower your back to the floor. Alternate sides. Don't use your hands and arms to help lift you up - use abdominals and hips

(10 times for each side, 2 sets in the morning and 2 sets in the evening)

Muscles Worked- Abs & Obliques:



Begin by lying on your stomach with palms on the floor next to your shoulders, feet and legs together, toes down. Lift your body up so that your arms are straight (palms below shoulders) and weight is balanced evenly between hands and toes, keeping body as straight as possible. **2 sets in the morning and 2 sets in the evening, holding for 30 seconds and working up to 1-3 minutes.** Don't let your hips drop or rise, and be sure not to shift weight to one arm. Remember to breathe.

Muscles Worked- Abs:

Sit on floor with knees slightly bent, feet hip-width apart. Keep back straight, abs in, heels on the floor. Loop band around the soles of the feet, then cross the ends/handles over shins so right hand holds left handle and left hand holds right handle, palms facing down.

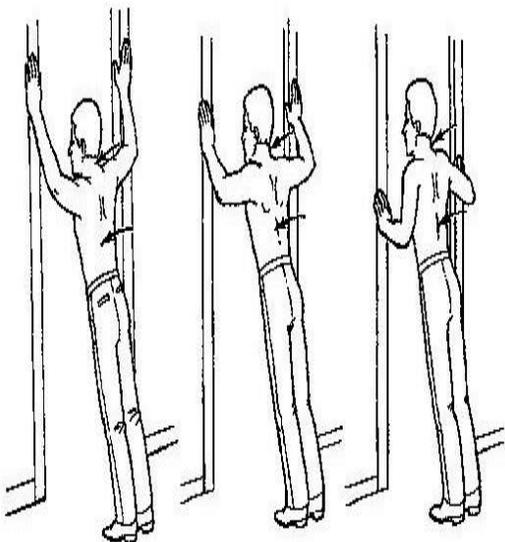
EXHALE: Pull hands toward chest so elbows and fists are at or near shoulder level, pinching shoulder blades together at the end of the movement.

INHALE: Slowly return to starting position to complete one rep. Start with **10 repetitions 2 times daily, working up to 4 sets per day.**

Make it harder: Spread feet apart so they lie on the band closer to handles for more resistance. **Make it easier:** Do not cross handles and keep feet close together at center of band. Make sure the band is secure around your feet.



Muscles Stretched- Chest, Shoulders, & Biceps:



1. Stand with hands placed on door frame and with your feet 1-2 feet away from the wall as shown.
2. Lean into the door opening so that you feel a stretch across your chest
3. **Hold for 30 seconds**
4. Repeat with hands in different positions as needed to vary the stretch
5. **Repeat 4 times, twice in the morning and twice in the evening.**