

### Posture Related Exercises.



#### Spinal Curve Exercise

1. Stand with feet approx. 6 inches from the wall, knees slightly bent.
2. Make sure hips, shoulders and head make contact with wall.
3. Middle part of both the neck and low back are 'pushed' towards the wall, decreasing the curve.
4. Try not to 'tuck' the chin into chest, but rather draw towards the wall on a straight line parallel with the floor and head 'up.'
5. Repeat 10 - 15 times.

It helps to imagine that you are holding a ball between the low back, neck and wall and you are attempting to squash it.

It may be easier for you to work each area separately.