

Posture Related Exercises.



Step 1.



Step 2



Step 3



Step 4



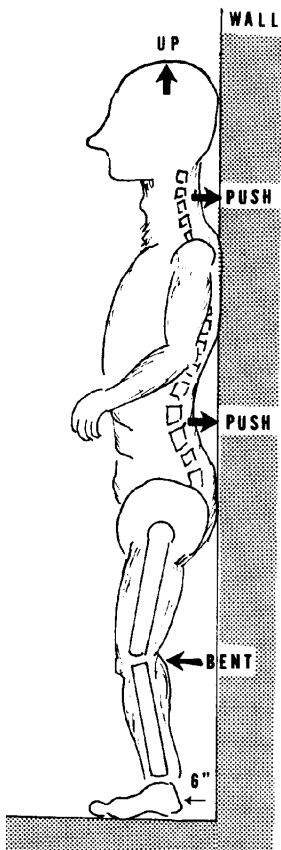
Step 5

Rib Raising Exercise.

1. Fold towel to roughly the length of your forearm.
2. Roll towel to about your grip width.
3. Place towel on back between shoulder blades. The top should be no higher than the base of the neck.
4. Lie back onto firm surface - a bed is not suitable for this exercise. Make sure a pillow is there to support your head. Your chin should not be poking out.
5. Place arms 90° away from body, elbows 90° palms facing up. Bend knees so feet are flat on the floor.
6. Inhale and exhale deeply, focus the mind on increased movement through the chest.
7. Hold this posture for 10 - 15 minutes.

Note: if the hand position is too uncomfortable, have the arms straight out with palms still facing upward.

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.