

Bettering Your Posture!



Headaches? Neck pain? Shoulder pain? Back pain?
.....many of these ailments can be attributed to bad
posture. Try these exercises daily to improve your
posture and start feeling better!



Exercises to Improve your Posture



Snow angel on the wall

Stand up with your back against the wall. Tighten your abdominal muscles, gently pull your shoulder blades toward each other, and gently push the back of your hands down into the wall. Without letting your shoulders roll forwards, slowly slide your arms on the wall to raise them overhead, as high as possible with the good posture and without pain. Do not let your shoulders shrug toward your ear or let your back arch. Repeat 5x.



Isometric extension

Stand with back to wall with your chin tucked-in. Place a towel or your fist between a wall and the back of your head. Without allowing movement, attempt to move your head back by pressing into towel (hand). Hold 10sec. Gently relax and repeat 5-10x.



Active postural exercise

Stand with your back against the wall and your feet shoulder-width apart about 15 centimeters from the wall. Activate core and keep neutral spine alignment. (Slight curve in lower back)

Begin to raise your arms gradually and bring your upper arm parallel to the ground and elbow at 90 degrees. The back of the hand and wrist should be touching the wall. Avoid over arching your back.

Hold 10sec and repeat 3-5x.



Active ROM retraction

Stand up straight with your chin tucked in. Keep your arms hanging loosely by your sides. Turn your palms and arms out and away from you while keeping your elbows straight (you should be able to feel your shoulder blades squeezing together). Return to the original position and repeat.