

Postural Strengthening



KEEP EACH LEG STRAIGHT AND LIFT THE LEG 6-8 INCHES FROM FLOOR ALONG WITH THE OPPOSITE ARM.

Repeat:	10 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	2 /day		



LYING ON YOUR STOMACH WITH A PILLOW UNDER YOUR HIPS LIFT YOUR HEAD TRUNK AND LEGS (KEEPING THEM STRAIGHT) ABOUT 8-10 INCHES OFF THE GROUND.

Repeat:	10 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	2 /day		



WITH ONE OR BOTH HANDS APPLY PRESSURE ON THE BACK OF YOUR HEAD. ATTEMPT TO PUSH YOUR HEAD FORWARD BUT DO NOT LET YOUR HEAD MOVE.

Repeat:	10 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	2 /day		



LYING ON YOUR STOMACH WITH A TOWEL ROLL UNDER YOUR FOREHEAD KEEP THE ARMS STRAIGHT OUT AND LIFT THEM WHILE PINCHING THE SHOULDER BLADES TOGETHER.

Repeat:	10 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	2 /day		