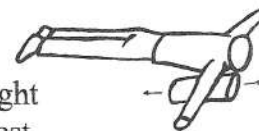


## Exercises with *Posture Pillar I or II* for Upper-Crossed Syndrome:

### **Pectoralis Major/Minor and Anterior Deltoid:**

Lie on your stomach with the *Posture Pillar I or II* placed diagonal to the right side of your chest. **Slowly** roll to the front of shoulder and to the bottom of your chest until you feel a hypersensitive area and hold for 20-60 seconds or until 50-75% of the pain subsides. Repeat 1-2 times on different areas for the same side. Switch to other side and repeat the instructions.

**Note:** Women will have a decrease in the distance they can roll because of their anatomical features of the chest. Women should only roll the top portion of your chest and front of shoulders where there is muscle tissue.



### **Latissimus Dorsi and Teres Major/Minor:**

Lie on your right side, slightly angled up and your right arm extended. Place the *Posture Pillar I or II* perpendicular under the side of your upper/middle back. Keep the right arm extended and **slowly** roll up and down on your side until you feel a hypersensitive area and hold for 20-60 seconds or until 50-75% of the pain subsides.

The Teres Major/Minor are best targeted if the *Posture Pillar I or II* is placed at the back of the shoulder and near the armpit region when the right arm is extended. Rotate your body only a few inches forward and backward to target different areas. Switch to the other side and repeat instructions.

**Note:** Be careful when rolling on the side of the upper body because of the ribs. Make sure you are on the muscle tissue and not bone.



### **Rhomboids & Upper/Middle Trapezius:**

Lie with the *Posture Pillar I or II* perpendicular to your spine in your upper back. Place your feet flat on the floor with knees bent like a bridge position and hands behind your head to support your neck. Begin to roll **slowly** down from your upper back to your middle back. Sit on 1-2 different areas for the upper and middle back. Hold each positions for 20-60 seconds or until 50-75% of the pain subsides. Rotate from side to side to get a larger area of muscle tissue that needs application.

**Note:** Start with your buttocks in contact with the ground, but lift your buttocks off the ground as more pressure is needed. Be careful not to get too close to your cervical neck region as pressure to this area can cause injury. Always stay on muscle tissue not bone!



## Strength exercises for Upper-Crossed Syndrome:

### **Shoulder Circles Forward/Backward:**

This is an excellent exercise to strengthen the muscles of the rotator cuff while engaging retracted shoulder blades. Stand upright with your neck in neutral position (tuck your chin in); hips are neutral (maintained with belly button drawn-in and buttocks tight),

## Exercises with *Posture Pillar I or II* for Pronation-Distortion Syndrome:

### Gastrocnemius and Soleus:

Place the *Posture Pillar I or II* perpendicular under the back of lower leg. Sitting up and supporting your body weight apply as much pressure as you can into this area. As you apply the pressure and move the *Posture Pillar* up and down **slowly** on your calf you will feel hypersensitive areas. Hold on the hypersensitive area for at least 20 –60 seconds or until 50%-75% of the pain subsides. Then move down to another area on the same side and repeat recommended hold time. Find 1-2 hypersensitive spots in the designated area and then switch to the opposite leg and repeat the instructions.

**Note:** If the pressure is too painful you can keep the other foot down on the ground to alleviate some of the pressure on the target leg. Or if the pressure is not enough than you can place your free leg on top of the working leg to add more weight and increase the intensity.



### Peroneals:

Place the *Posture Pillar I or II* perpendicular on the side of the lower leg. Position your body on your side and prop yourself up with your elbows. Keep your body in neutral or in line without bending at the waste or neck. Hold on a hypersensitive area for at least 20- 60 seconds or until 50-75% of the pain subsides. Find 1-2 hypersensitive spots in the designated area and then switch to the opposite leg and repeat steps.

**Note:** If the pressure is too great to keep your legs on top of one another than you can place the free foot in contact with the ground in the back of the body to alleviate some of the pressure.



### Iliotibial Band:

Lie on your side with the *Posture Pillar I or II* perpendicular to the side of your upper leg. Roll up and down **slowly** until you feel a hypersensitive area and hold 20-60 seconds or until 50%-75% of the pain subsides. Repeat 1-2 times on different areas on the same side. Switch legs and repeat steps.

**Note:** The iliotibial band is a very sensitive area and may require you to use very little pressure at first until you feel comfortable enough to apply more. Keep the non-working foot in contact with the floor to allow for pressure relief and stability.



### Hamstring Complex:

Place the *Posture Pillar I or II* perpendicular to the leg and under the back of the right upper thigh. Try and sit upright and stabilize yourself with your free foot and with your hands on the ground. Roll up and down under the knee to the insertion of the buttocks **slowly** until you feel a hypersensitive area and hold for at least 20-60 seconds or until 50%-75% of pain subsides. Repeat 1-2 times on different areas on the same side. Switch legs and repeat the instructions.

**Note:** The back of the leg is best relieved if you apply pressure separately on the middle, inside, and outside portions in the back of the thigh. To accomplish this rotate your hamstring slightly to the inside and outside to find sensitive areas that need application.

