

Y-M-T-L

Scapular-Thoracic Hygiene Exercises

- These exercises are designed to help restore normal head posture and to prevent forward head posture. Make sure to keep your chin level and your ear as the same level as your shoulder.
- Do all 4 of these exercises at least 2 times per day
- For all of these exercises the object is to pull the shoulder blades together as much as possible and hold for at least 30 seconds. Apply this breathing pattern: Inhale while relaxing, exhale while contracting.

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Courtesy of Dr. James Chestnut
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