

POSTURE EXERCISES

If you have any questions - please let me know at your next visit!
~ Dr. Amanda



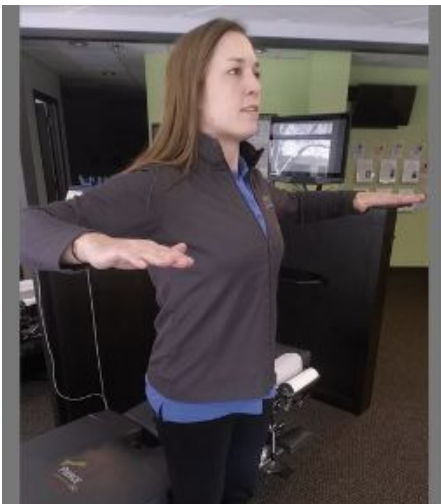
SHOULDER RETRACTION - 1

Stand tall, with your shoulders raised to 90 degrees and elbows in a 90 degree bend, hands toward the floor. Keep your shoulders, elbows and wrists in line - as if all resting along a countertop.

5"
hold

5+
reps

2+
x/day



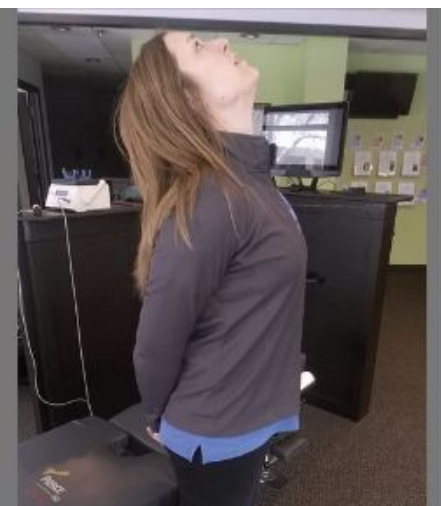
SHOULDER RETRACTION - 2

Pinch shoulder blades together as if attempting to squeeze a pencil between them. Hold. Then return to step 1. Repeat. Feel activation of muscles between the shoulder blades, with a slight stretch of the front of both shoulders and chest.

5"
hold

5+
reps

2+
x/day



HANDS BEHIND BACK

Stand tall, then grasp your hands together behind your back. Look back towards the ceiling. Ease further into stretch as you hold.

Feel the stretch in your chest and front of your neck.

5"
hold

5+
reps

2+
x/day

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PEC STRETCH - MID

Stand in an open doorway.
Raise an arm up to the side, bent at 90-degree angle with palm forward. Step forward into a stretch.
Feel the stretch in the front of your shoulder and chest.

5"
hold

5+
reps

2+
x/day



PEC STRETCH - LOW

Stand in an open doorway.
Raise an arm up to the side, bent at ~70 degree angle with palm forward. Step forward into a stretch.
Feel the stretch in the front of your shoulder and chest.

5"
hold

5+
reps

2+
x/day



PEC STRETCH - HIGH

Stand in an open doorway.
Raise an arm up to the side, bent at ~120 degree angle with palm forward. Step forward into a stretch.
Feel the stretch in the front of your shoulder and chest.

5"
hold

5+
reps

2+
x/day