

# ***Postural Exercises***



**KANATA  
CHIROPRACTOR**

Correcting Form & Function

**VERSION 2.21**

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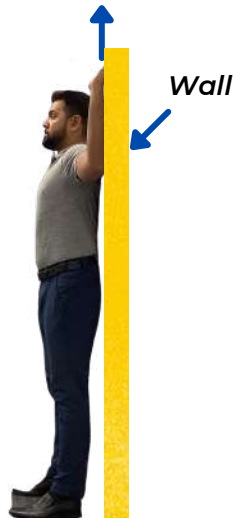


## 1 Wall Angel (2 sets | 15 reps)

(A)



Start



(B)

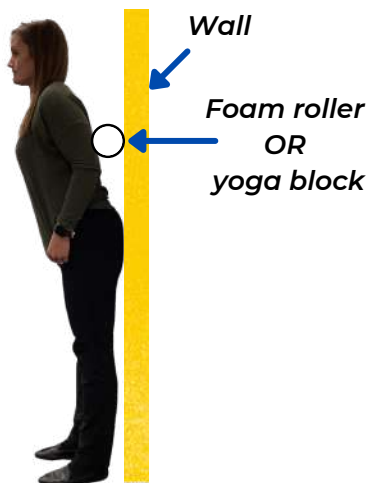


End

Start by standing with your back against the wall. This movement requires 5 points of contact on the wall behind you. Your hips, shoulders, head, elbows (at shoulder height) and back of hands (with elbows bent at 90 degrees). Proceed to slide your arms up the wall without letting go of any of the 5 points. Only go as far as there is no pain. Repeat.

## 2 Titanic (7 reps)

(A)



(B)



For this mobilization, you will need a small but firm object (such as a foam roller or yoga block) to be placed just underneath your shoulder blades. Make sure your hips/buttocks can touch the wall behind you. Proceed to arch your mid back and extend your neck while bringing your arms up from your sides to shoulder level.

Hold for 3 to 5 seconds. Return to beginning position and repeat.



## 3 Prone Neck Extensions (2 sets | 5 reps)



Lying on your stomach with your head on the ground, bend your elbows and place your hands next to your head with the palm facing down. From here, lift your head up so that your shoulders and upper chest is off the ground. Do not let your elbows straighten out too much.

Hold for 7 to 10 seconds. Return to beginning position and repeat.

## 4 Pro-lordotic Neck Extension (2 sets | 20 reps)



This stretch is best performed with the pro-lordotic exerciser available at our clinic. At home, you can use a resistance band with medium intensity.

Begin by placing the pro-lordotic around the lower part of the neck and hold the handles with your palms facing away from your body. Proceed to do bring your head forward then bring your chin up and push your head back. At the same time, pull forward on the handles until you feel pressure in the neck. Return to beginning position and repeat.

