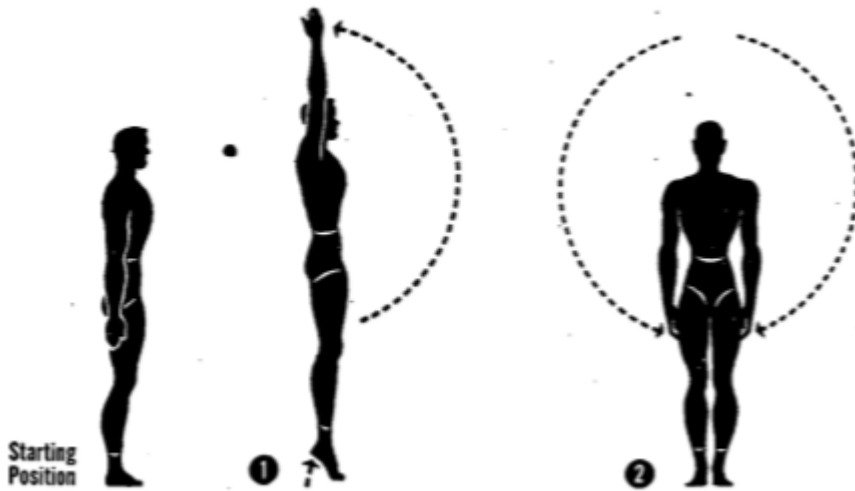


POSTURAL EXERCISES

Hold each position for 5 seconds OR
5 repetitions, Repeat 5 times, 1-2

EXERCISE 1



Starting Position. Attention.

Movement:

- (1) Swing arms forward and upward to full stretch overhead and at the same time rise high on toes.
- (2) Swing arms sideward and downward slowly and press back hard. At the same time retract chin and let heels drop to the ground. Avoid an exaggerated arch in lower back.

EXERCISE 2



Starting Position. Trunk leaning forward about 60°, arms hanging downward loosely from shoulders.

Movement:

- (1) Swing arms sideward and backward vigorously, retracting chin forcefully and flattening upper back. Hold this position momentarily.
- (2)

Recover to starting position.

Starting Position. Bending forward about 45°, elbows horizontally sideward from shoulders, forearms bent forward, palms down, thumbs just in front of shoulders.

Movement:

- (1) Straighten elbows and swing arms slowly but hard sideward and backward. At the same time retract head.
- (2) Recover to starting position.



EXERCISE 3



Starting Position. Standing, fingertips touching shoulders, arms in front of chest, and elbows downward.

Movement:

- (1) Move upper arms outward and backward, with elbows hugging sides. Hold the position a full second while trying to force arms further around and back. At same time, retract head and attempt to stretch upward.
- (2) Recover to starting position.

EXERCISE 4

Hold each position for 5 seconds OR 5 repetitions, Repeat 5 times, 1-2 sets



Starting Position. Leaning slightly forward, elbows bent, and fingertips touching shoulders.

Movement:

(1) Make small circles about a foot in diameter, elbows circling upward and backward. Press arms backward and retract head. Movement is slow.

(2) After completing sufficient repetitions, recover to starting position.

EXERCISE 5



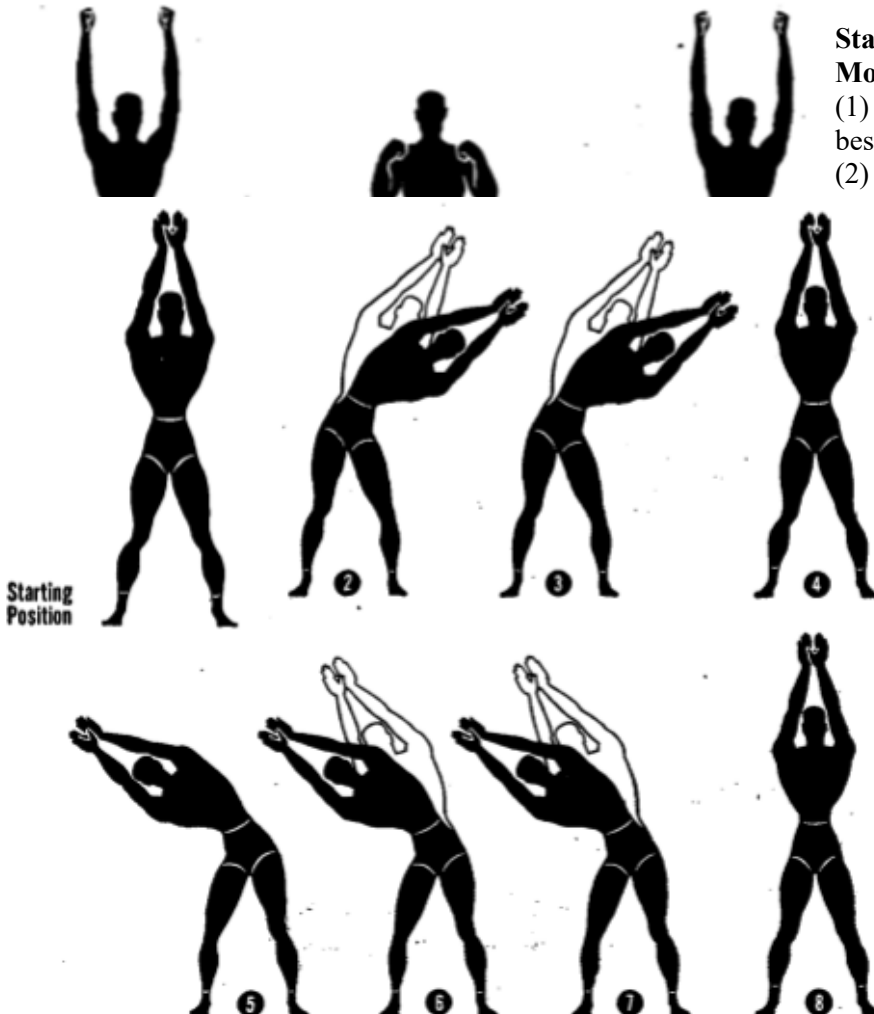
Starting Position. Leaning slightly forward, arms horizontally at sides, palms up.

Movement:

(1) Make small circles about a foot in diameter, hands circling upward and backward. Press arms backward and retract head. Movement is slow.

(2) After completing sufficient repetitions, recover to starting position.

EXERCISE 6



Starting Position. Arms overhead.

Movement:

(1) Pull arms slowly downward until fists are beside shoulders. Pull as though chinning.

(2) Recover to starting position.

EXERCISE 7

Starting Position. Standing, feet twelve inches apart, fingers laced behind head.

Cadence. Slow.

Movement:

(1) Bend *upper* trunk backward, raising chest high, pulling elbows back, and looking upward. Keep knees straight.

(2) Recover to starting position.

(3) Repeat count (1).

(4) Recover to starting position.

EXERCISE 8: SIDE BENDER

Starting Position. Side straddle, arms overhead, thumbs interlocked.

Cadence. Slow.

Movement:

- (1) Bend sideways sharply to the left, bending the left knee. Bend straight to the side without twisting the trunk or shoulders.
 - (2) Recover slightly and repeat with a bounce.
 - (3) Repeat count (2).
 - (4) Recover to starting position.
- Repeat on right side for counts (5), (6), (7), and (8).

Hold each position for 5 seconds OR 5 repetitions, Repeat 5 times, 1-2 sets



EXERCISE 9: LUNGE AND BEND

Starting Position. Attention.

Cadence. Moderate.

Movement:

- (1) Lunge sideward left and swing arms sideward and upward.
- (2) Bend trunk sideward keeping arms parallel.
- (3) Recover to first position.
- (4) Recover to starting position. Repeat on right side for counts (5), (6), (7), and (8).

EXERCISE 10



Starting Position. Kneeling on the mat, trunk bent sharply forward, hands behind head.

Movement:

- (1) Still leaning forward, straighten upper back and press elbows and head backward. At the same time pull in chin.
- (2) Recover to starting position.

EXERCISE 11

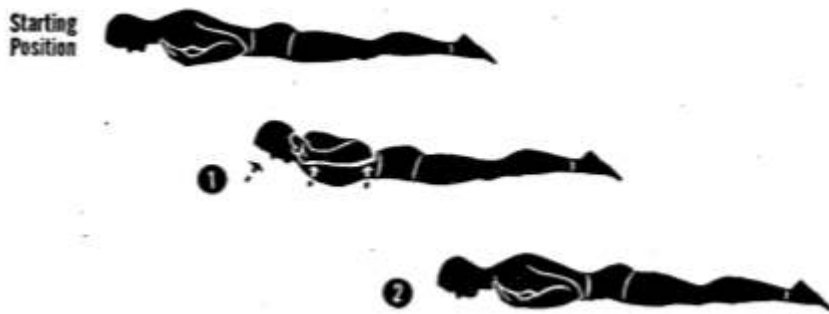


Starting Position. Sitting on the floor, knees raised, trunk bent forward, and arms stretched forward.

Movement:

- (1) Still leaning forward, swing arms upward and backward. At the same time pull in chin.
- (2) Recover to starting position.

EXERCISE 12



Starting Position. Lying face down on the floor, with elbows at sides and fingertips on shoulders.

Movement:

- (1) Rotate arms outward and pull elbows in hard to sides. At the same time pull in chin and lift head about 6 inches from the floor. Hold this position a full second.
- (2) Recover to starting position.