

Posture Exercises



1. Assume the kneeling position with your hands clasped behind your back and your chest up, head centered over your shoulders.
2. Tighten your abdominal muscles, push your hips forward.
3. Tuck your chin in (like you have a double chin), pull your shoulder blades back and together and lift your straight arms away from your back.
4. Keeping your chin tucked in, slowly look up toward the ceiling and lean back.
5. Hold this for 30 seconds and repeat two more times.
6. Be sure to keep your abdominals engaged at all times, chest up and chin retracted to protect your spine.



1. Roll onto your stomach and place your hands under your shoulders about shoulder width apart.
2. Keep your back relaxed, keep your hips on the floor and push your upper torso up as far as you can comfortably with your hips staying comfortably on the floor.
3. Keep your shoulder blades down as you push up.
4. When you get to the top exhale and let your back sag further.
5. Hold this only for only two or three seconds.
6. Lower yourself to the floor and repeat this exercise 9 more times.

Bruegger's Postural Relief



While sitting in your chair follow these simple steps:

1. Sit forward towards the edge of your chair
2. Turn your feet out slightly at about shoulder width.
3. Tuck your chin in slightly as if nodding "yes"
4. Raise chest upward
5. Stretch shoulders slightly down and back
6. Breathe into your stomach
7. Slowly exhale actively by blowing the breath out through your lips while rotating your arms outwards (palms forward or turned out)

Repeat for 7-10 breaths once every hour.