

1



PROPER CERVICAL AND SPINAL POSTURE - SEATED

Good posture positions your head over your shoulders so that your head is not protruding forward. Your ears should be over your shoulders.

Video # VVWZU6U8S

Begin by correcting your low back so that it is not slouched. This will correct much of the spine. You may also need to perform a small chin tuck as well.

The image on the right shows how you should position your head and spine throughout the day. This might be difficult at first but over time will get easier as your body adjusts.

4



PRONE T - BILATERAL - THUMBS UP

Lie face down with your elbow straight and arms out to the side. Next, set your scapular by squeezing your shoulder blades toward your spine and downward toward your feet. Then, slowly raise your arms towards the ceiling keeping your elbow straight the entire time as shown.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 1 Times a Day
Video # VVN89QFES

Your thumbs should be pointed in the upward direction as your arm raises.

5

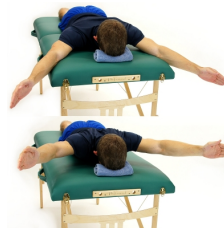


PRONE W

Lying face down with your elbows bent and palms facing downward, slowly raise your arms up towards the ceiling as you squeeze your shoulder blades downward and towards your spine.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 1 Times a Day
Video # VV6FUQA66

6



PRONE Y

Lying face down with your arms stretched out upwards as shown, slowly move your arms upward towards the ceiling as you squeeze your shoulder blades downward and towards your spine.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 1 Times a Day
Video # VV8XKNKTL

2



PRONE RETRACTION

Lying face down with your arms by your side, slowly squeeze your shoulder blades downward and towards your spine.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 1 Times a Day
Video # VVWEDVZPN

3



PRONE RETRACTION EXTENSION - PRONE I

Lying face down with your arms by the side of your body, slowly move your arms upward towards the ceiling as you squeeze your shoulder blades towards your spine and downward. Your

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 1 Times a Day

7



Repeat 10 Times
Hold 1 Second
Complete 2 Sets

Video # VVJ7KGB5L

WALL ANGELS

Stand with your back against a wall with arms raise to 90 degrees.

While making contact with your head, wrists, elbows and shoulders, slide your arms up and down the wall as shown.