

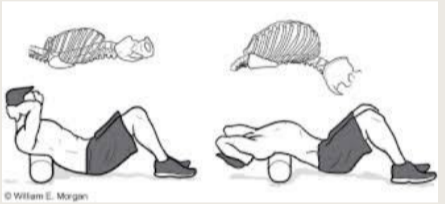

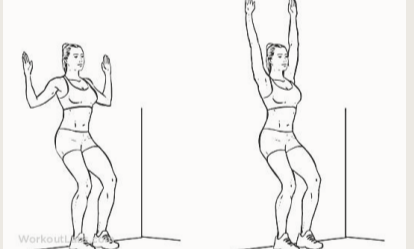


# THE CHIROPRACTOR

SINCE 1895

## POSTURE EXERCISES

This series of exercises will help reduce upper back tension and improve your posture.

The exercises that help improve your posture are not difficult, however consistency is the **key** to making a lasting change to your posture.

<p>FOAM ROLLING</p> 	<ul style="list-style-type: none"><li>• Laying on top of the foam roller running perpendicular to the spine</li><li>• Lift your buttock off the ground</li><li>• Pushing with your heels, move your upper back up and down the foam roller.</li><li>• Hearing small clicks and pops is okay</li></ul> <p><a href="#">video</a></p>
<p>CAT - COW</p> 	<ul style="list-style-type: none"><li>• On hands and knees, neutral spine</li><li>• COW: Slowly arch back, lift chest and tailbone, look up slightly</li><li>• CAT: Round spine, tuck tailbone, drop head</li><li>• Move SLOWLY and smoothly through each segment</li><li>• Do: 10-15 cycles, 1-2 times daily</li></ul>
<p>WALL ANGLE</p> 	<ul style="list-style-type: none"><li>• Stand with back against wall, feet 6 inches away</li><li>• Press lower back, head, and arms against wall</li><li>• Arms in "goal post" position (elbows at 90°)</li><li>• Slowly slide arms overhead while keeping everything touching the wall</li><li>• Return to start position</li><li>• Do: 10-15 slow reps, 1-2 times daily</li></ul>
<p>PEC STRETCH</p> 	<ul style="list-style-type: none"><li>• Stand in doorway, forearm on door frame (elbow at 90°)</li><li>• Step forward with one foot until you feel stretch across chest/front of shoulder</li><li>• Hold 30-60 seconds per side</li><li>• Do: 2-3 times daily, especially after prolonged sitting</li></ul>
<p>CHIN TUCK</p> 	<ul style="list-style-type: none"><li>• Sitting or standing tall, look straight ahead</li><li>• Gently draw your chin straight back (like making a double chin)</li><li>• Keep your eyes level—don't look down</li><li>• Hold 5-10 seconds</li><li>• Do: 10 reps, 2-3 times daily</li></ul>

## THE QUICK POSTURE BREAK

Every hour at your desk:

1. [Chin tucks](#) (10 reps) - 30 seconds
2. [Shoulder blade squeeze](#) - 30 seconds
3. [Stand and reach overhead](#) - 30 seconds

Just 90 seconds every hour to reset your brain and posture!