

THE CHIROPRACTOR

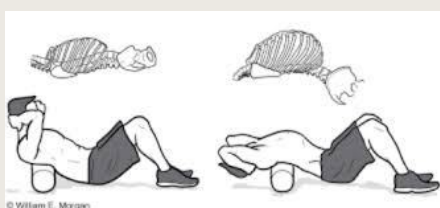
SINCE 1895

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.

FOAM ROLLING



- Laying on top of the foam roller running perpendicular to the spine
- Lift your buttock off the ground
- Pushing with your heels, move your upper back up and down the foam roller.
- Hearing small clicks and pops is okay

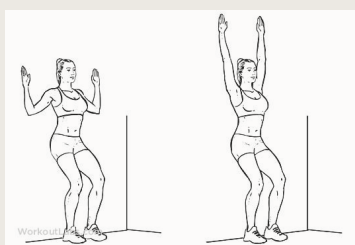
[video](#)

CAT - COW



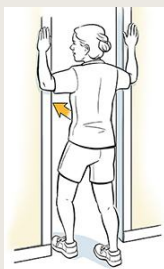
- On hands and knees, neutral spine
- COW: Slowly arch back, lift chest and tailbone, look up slightly
- CAT: Round spine, tuck tailbone, drop head
- Move SLOWLY and smoothly through each segment
- Do: 10-15 cycles, 1-2 times daily

WALL ANGLE



- Stand with back against wall, feet 6 inches away
- Press lower back, head, and arms against wall
- Arms in "goal post" position (elbows at 90°)
- Slowly slide arms overhead while keeping everything touching the wall
- Return to start position
- Do: 10-15 slow reps, 1-2 times daily

PEC STRETCH



- Stand in doorway, forearm on door frame (elbow at 90°)
- Step forward with one foot until you feel stretch across chest/front of shoulder
- Hold 30-60 seconds per side
- Do: 2-3 times daily, especially after prolonged sitting

CHIN TUCK



- Sitting or standing tall, look straight ahead
- Gently draw your chin straight back (like making a double chin)
- Keep your eyes level—don't look down
- Hold 5-10 seconds
- Do: 10 reps, 2-3 times daily

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!