



Family Care Plus Physical Therapy and Wellness  
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POSTURE TIPS

DO:

- stand tall and erect
- keep chin tucked in
- keep head and shoulders in alignment
- check posture regularly in mirror or large window
- pull head back against headrest in car seat

DON'T:

- slouch or slump while watching TV or reading
- sit, stand or lie in one position for too long
- believe you are too bent out of shape --  
It can be done with practice and a little more effort!

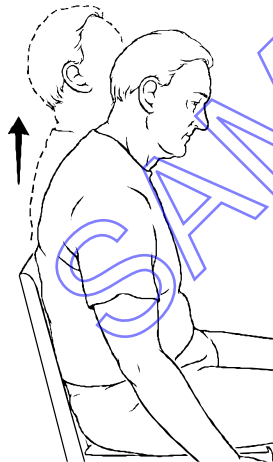
POSTURE - 13 Isolated Spine Extender

Inhale slowly. Exhale while sitting or standing as tall as possible.

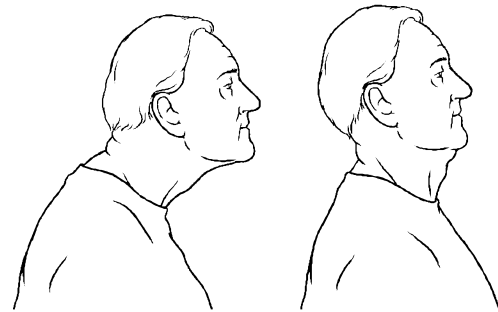
Hold 2-3 seconds, breathing normally.

Relax.

Repeat 10 times.  
Do 5-6 sessions per day.



POSTURE - 1 Turtle Jut



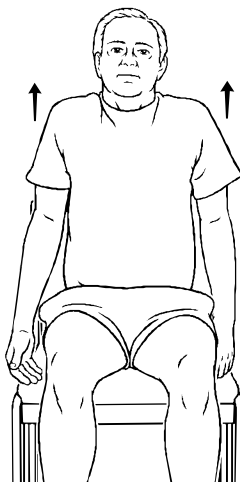
Jut chin forward then back in an exaggerated fashion. Return and relax.

Repeat 10 times. Do 5-6 sessions per day.

POSTURE - 4 Shoulder Shrug

Raise shoulders up, then slowly press them down. Relax.

Repeat 10 times.  
Do 5-6 sessions per day.



POSTURE - 7 Shoulder Blade Squeeze

Rotate shoulders back, then squeeze shoulder blades together.

Repeat 10 times.  
Do 5-6 sessions per day.

