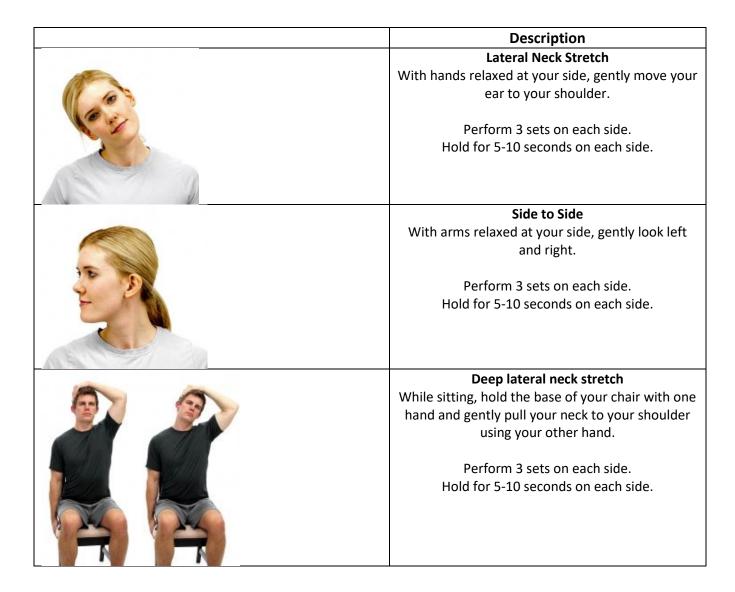




Postural Correction Exercises

Before performing the Postural Correction Exercises below, please:

- 1. Always check with your health care provider before starting an exercise regimen.
- 2. Perform a warm up activity for 5-10 minutes until your body is warmed up.
- 3. Do not stretch beyond your body's limits.
- 4. Some general discomfort is OK, PAIN is not. If you experience numbness, tingling or sharp pain, contact your healthcare provider before proceeding.
- 5. Please read the description in its entirety before performing the exercise.
- 6. Enjoy!

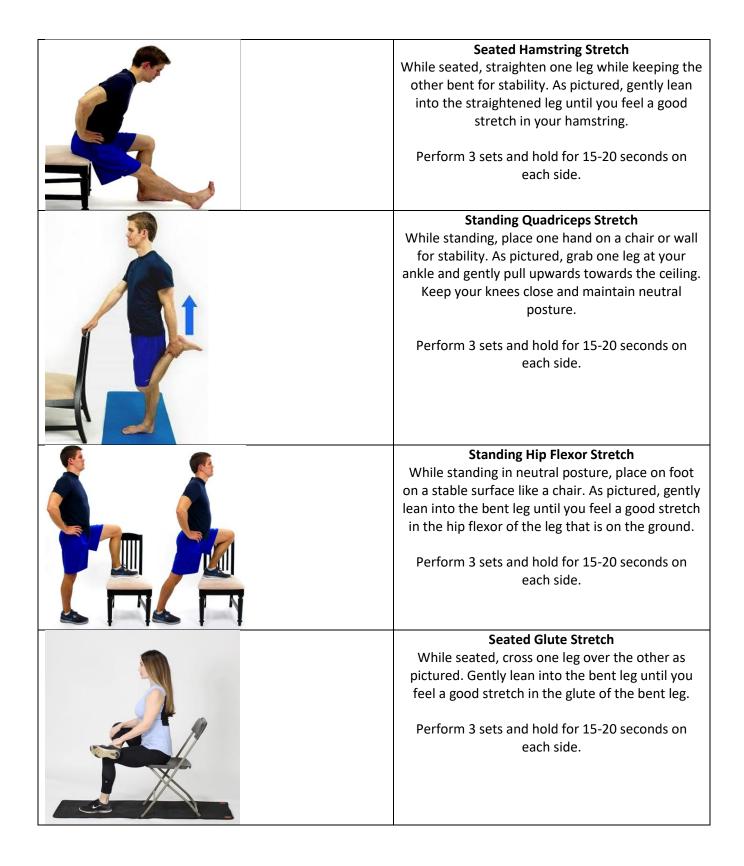


Harris Health is committed to helping you achieve your best health. Incentives for participating in a wellness program are available to all eligible employees. If you think you might be unable to meet a standard for incentives under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact our designated Cigna Customer Service Representative at 346-302-4248 or via email at <u>HarrisHealth@cigna.com</u> and we will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.

	Passive Chin Tucks
A DECEMBER OF	Lay on the floor in a relaxed position with head
	neutral. Gently tuck your chin towards the ground.
	Perform 3 sets and hold for 5-10 seconds.
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	Standing Chin Tucks
	While standing in neutral posture, place on hand
	gently on your chin. Apply pressure to guide your
Stance Manage	chin back such that your ears are in line with your
GSNUP, GSNUP	shoulders. Imagine making a double chin.
	Perform 3 sets and hold for 5-10 seconds.
	Doorway Chest Stretch (Low angle)
	Stand inside a doorframe with feet staggered and
	either arm on each side of the doorframe.
	Gently lean into your front foot until you feel a
	nice stretch in your chest and arms. Can also be
	done one arm at a time.
	Perform 3 sets and hold for 15-20 seconds.
	Doorway Chest Stretch (Mid-level)
	Stand inside a doorframe with feet staggered and
	either arm at shoulder height as pictured.
	Gently lean into your front foot until you feel a
	nice stretch in your chest and arms.
	Perform 3 sets and hold for 15-20 seconds.

Doorway Chest Stretch (High-level) Stand inside a doorframe with feet staggered and either arm at eye height as pictured. Gently lean into your front foot until you feel a nice stretch in your chest and arms. Perform 3 sets and hold for 15-20 seconds.
Shoulder Blade Retraction (Squeeze) While standing in neutral posture with your arms by your sides, retract or "squeeze" your shoulder blades together. Think about pinching a pencil between your shoulder blades. Perform 3 sets and hold for 15-20 seconds each.
 Shoulder Blade Retraction (With Resistance) Wrap a resistance band around a sturdy anchor, like a doorframe or handle. While standing in neutral posture with your arms by your sides, retract or "squeeze" your shoulder blades together. Think about pinching a pencil between your shoulder blades. Perform 3 sets and hold for 15-20 seconds each.
Wall Angel Stretch Stand up against a wall with your entire spine (head to tailbone) touching the wall. Slowly bring your arms into a "goal post" position. From here, gently guide them up and down the wall keeping your spine and arms on the wall. This stretch can also be done laying down for a more passive stretch.

Raise your arms up and down 3-5 times or to tolerance.
Seated Lat Rows (with resistance) While seated in neutral posture on a ball or chair, gently pull the resistance band back as pictured. Maintain neutral posture throughout the entire exercise and squeeze your shoulder blades.
Perform 3 sets of 10-15 repetitions.
Standing External Rotator Cuff (with Resistance)Anchor your resistance band on a doorframe or handle. Stand in neutral posture with your external arm gripping the band at a 90 degree angle (top picture). Keeping the elbow at your side, pull the resistance band out to a comfortable level (bottom picture) and return to starting position.Perform 3 sets of 10-15 repetitions on each arm.
Standing Internal Rotator Cuff (with Resistance)Anchor your resistance band on a doorframe orhandle. Stand in neutral posture with your closestarm gripping the band at a 90 degree angle (toppicture). Keeping the elbow at your side, pull theresistance band across your body (bottom picture)and return to starting position.Perform 3 sets of 10-15 repetitions on each arm.



	Supermans Lay on the ground on your stomach, you can use a mat or towel. Keep your head and neck neutral and your ears between your shoulders. Lift your arms and legs simultaneously. Hold for 3 seconds and release. Perform 10-15 repetitions
	Abdominal Plank Neutral Posture is essential to this exercise. As pictured, raise up onto your elbows keeping them directly under your shoulders. Your hips should be straight, not sagging or elevated. Can keep feet slightly apart for added stability. Hold for 20-30 seconds and perform 3 sets
	Birddog Crunches Kneeling on a mat or on the floor, start with your hands and knees in the quadruped position. Keep your hands under your shoulders and your knees under your hips. Extend the opposite arm and leg (bottom picture) then contract, pulling with your abdominal muscles (top picture). Perform 3 sets of 10-15 repetitions
Flexion Flexion Radial Deviation Ulnar Deviation Fromation Supination	Forearm Stretches Move the wrist and forearm in all planes of motion as seen in the image. Do this 5-10 times in each plane as a warmup to forearm stretches and strengthening.

	Supported Forearm Flexion & Extension Stretch Rest your arm on a table or chair with palm up or palm down. Use your opposite hand to apply gentle pressure. You should feel a gentle stretch in the top and underside of your forearm. Perform 3 sets and hold for 5 seconds, each arm.
	Weighted Forearm Exercises Using a lightweight (1-2lbs is ideal, no more than 5lb) gently grip the weight and flex and extend the forearm, as pictured. Perform 3 sets of 10-15 on each hand and in each direction
Lat	Self-Myofascial Release Using a Trigger Point Ball Lats Lie down on the floor with the ball just under your armpit, about chest height. Gently rock and move the ball until you feel any knots or tender areas. Apply pressure for roughly 20-30 seconds and release. Repeat as necessary.
Trap	Self-Myofascial Release Using a Trigger Point Ball Trapezius Lie down on the floor with the ball just under shoulder height. Think about tracing around your shoulder blade. Gently rock and move the ball until you feel any knots or tender areas. Apply pressure for roughly 20-30 seconds and release. Repeat on the opposite side. This exercise can also be done standing with the ball between you and a wall.

	Perform 2-3 sets on each side as needed.
	Self-Myofascial Release Using a Trigger Point Ball
Clutes	Glutes
Glutes	Lie down on the floor with the ball under your
	glute. Gently rock and move the ball until you feel
	any knots or tender areas. Apply pressure for
	roughly 20-30 seconds and release. Repeat on the
	opposite side.
	Perform 2-3 sets on each side as needed.
	Self-Myofascial Release Using a Trigger Point Ball
A ()	Chest
	Place the ball just under your collar bone and
	above your chest. Gently move the ball until you
	feel any knots or tender areas. Apply pressure for
	roughly 20-30 seconds and release. Repeat on the
	opposite side.
	You can also place the ball against the wall to
	apply added pressure.
	Perform 2-3 sets on each side as needed.
	Self-Myofascial Release Using a Foam Roll
W L H WINN	Latissimus Dorsi
	Lie down on the floor with the foam roll just under
	your armpit, about chest height. Gently rock and
	move the roll until you feel any knots or tender
(M)200	areas. Apply pressure for roughly 20-30 seconds
	and release. Repeat on the opposite side.
	Perform 2-3 sets on each side as needed.
	Self-Myofascial Release Using a Foam Roll
	Upper Back
	Lie down on the floor with the foam roll under
	your shoulder blades, about chest height. Gently
	rock and move the roll until you feel any knots or
	tender areas. Do not go lower than your rib cage
	or higher onto your neck. Apply pressure for
	roughly 20-30 seconds and release. Repeat on the
	opposite side.
	Perform 2-3 sets.

Self-Myofascial Release Using a Foam Roll Full Spine & Chest Opener
Lie down on the floor with the foam roll along the length of your spine as pictured. Touch the entire length of your spine on the roll. Gently bring your arms out to the side and relax into the stretch. Hold for roughly 30 seconds. Move the arms along the ground for added stretch.
Perform 2-3 sets on each side as needed.