







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!





	Description
	<p>Lateral Neck Stretch</p> <p>With hands relaxed at your side, gently move your ear to your shoulder.</p> <p>Perform 3 sets on each side. Hold for 5-10 seconds on each side.</p>
	<p>Side to Side</p> <p>With arms relaxed at your side, gently look left and right.</p> <p>Perform 3 sets on each side. Hold for 5-10 seconds on each side.</p>
	<p>Deep lateral neck stretch</p> <p>While sitting, hold the base of your chair with one hand and gently pull your neck to your shoulder using your other hand.</p> <p>Perform 3 sets on each side. Hold for 5-10 seconds on each side.</p>

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 HarrisHealth@cigna.com 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.

	<p>Passive Chin Tucks</p> <p>Lay on the floor in a relaxed position with head neutral. Gently tuck your chin towards the ground.</p> <p>Perform 3 sets and hold for 5-10 seconds.</p>
	<p>Standing Chin Tucks</p> <p>While standing in neutral posture, place one hand gently on your chin. Apply pressure to guide your chin back such that your ears are in line with your shoulders. Imagine making a double chin.</p> <p>Perform 3 sets and hold for 5-10 seconds.</p>
	<p>Doorway Chest Stretch (Low angle)</p> <p>Stand inside a doorway with feet staggered and either arm on each side of the doorway. 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.</p> <p>Perform 3 sets and hold for 15-20 seconds.</p>
	<p>Doorway Chest Stretch (Mid-level)</p> <p>Stand inside a doorway 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.</p> <p>Perform 3 sets and hold for 15-20 seconds.</p>

	<p>Doorway Chest Stretch (High-level)</p> <p>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.</p> <p>Perform 3 sets and hold for 15-20 seconds.</p>
	<p>Shoulder Blade Retraction (Squeeze)</p> <p>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.</p> <p>Perform 3 sets and hold for 15-20 seconds each.</p>
	<p>Shoulder Blade Retraction (With Resistance)</p> <p>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.</p> <p>Perform 3 sets and hold for 15-20 seconds each.</p>
	<p>Wall Angel Stretch</p> <p>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.</p> <p>This stretch can also be done laying down for a more passive stretch.</p>

	<p>Raise your arms up and down 3-5 times or to tolerance.</p>
	<p>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.</p> <p>Perform 3 sets of 10-15 repetitions.</p>
 	<p>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.</p> <p>Perform 3 sets of 10-15 repetitions on each arm.</p>
 	<p>Standing Internal Rotator Cuff (with Resistance) Anchor your resistance band on a doorframe or handle. Stand in neutral posture with your closest arm gripping the band at a 90 degree angle (top picture). Keeping the elbow at your side, pull the resistance band across your body (bottom picture) and return to starting position.</p> <p>Perform 3 sets of 10-15 repetitions on each arm.</p>

		<p>Seated Hamstring Stretch</p> <p>While seated, straighten one leg while keeping the other bent for stability. As pictured, gently lean into the straightened leg until you feel a good stretch in your hamstring.</p> <p>Perform 3 sets and hold for 15-20 seconds on each side.</p>
		<p>Standing Quadriceps Stretch</p> <p>While standing, place one hand on a chair or wall for stability. As pictured, grab one leg at your ankle and gently pull upwards towards the ceiling. Keep your knees close and maintain neutral posture.</p> <p>Perform 3 sets and hold for 15-20 seconds on each side.</p>
		<p>Standing Hip Flexor Stretch</p> <p>While standing in neutral posture, place one foot on a stable surface like a chair. As pictured, gently lean into the bent leg until you feel a good stretch in the hip flexor of the leg that is on the ground.</p> <p>Perform 3 sets and hold for 15-20 seconds on each side.</p>
		<p>Seated Glute Stretch</p> <p>While seated, cross one leg over the other as pictured. Gently lean into the bent leg until you feel a good stretch in the glute of the bent leg.</p> <p>Perform 3 sets and hold for 15-20 seconds on each side.</p>

	<p>Supermans</p> <p>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.</p> <p>Perform 10-15 repetitions</p>
	<p>Abdominal Plank</p> <p>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.</p> <p>Hold for 20-30 seconds and perform 3 sets</p>
	<p>Birddog Crunches</p> <p>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).</p> <p>Perform 3 sets of 10-15 repetitions</p>
 <p>Flexion Extension</p> <p>Radial Deviation Ulnar Deviation Pronation Supination</p>	<p>Forearm Stretches</p> <p>Move the wrist and forearm in all planes of motion as seen in the image.</p> <p>Do this 5-10 times in each plane as a warmup to forearm stretches and strengthening.</p>

		<p>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.</p> <p>Perform 3 sets and hold for 5 seconds, each arm.</p>
		<p>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.</p> <p>Perform 3 sets of 10-15 on each hand and in each direction</p>
<p>Lat</p> 		<p>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.</p>
<p>Trap</p> 		<p>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.</p> <p>This exercise can also be done standing with the ball between you and a wall.</p>

	<p>Perform 2-3 sets on each side as needed.</p> <p>Self-Myofascial Release Using a Trigger Point Ball Glutes</p> <p>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.</p> <p>Perform 2-3 sets on each side as needed.</p>
	<p>Self-Myofascial Release Using a Trigger Point Ball Chest</p> <p>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.</p> <p>You can also place the ball against the wall to apply added pressure.</p> <p>Perform 2-3 sets on each side as needed.</p>
	<p>Self-Myofascial Release Using a Foam Roll Latissimus Dorsi</p> <p>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 areas. Apply pressure for roughly 20-30 seconds and release. Repeat on the opposite side.</p> <p>Perform 2-3 sets on each side as needed.</p>
	<p>Self-Myofascial Release Using a Foam Roll Upper Back</p> <p>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.</p> <p>Perform 2-3 sets.</p>



**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.