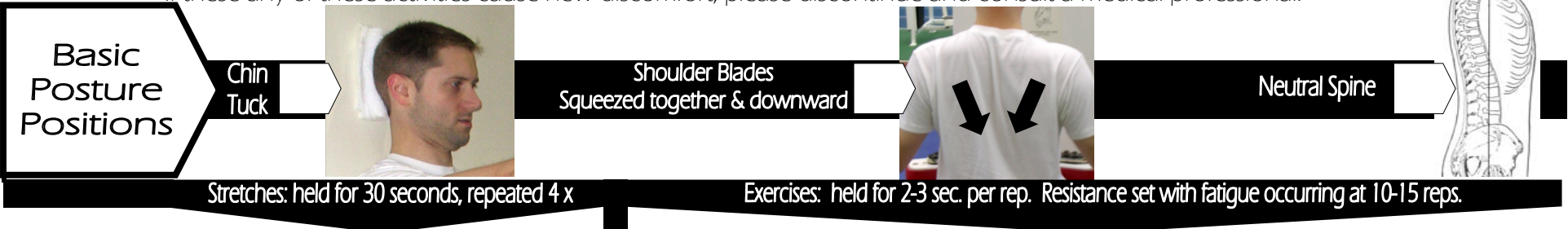


Posture Enhancement

Photo Guide: No equipment

These exercises and stretches are intended to increase comfort and enhance normal (non-painful or dysfunctional) posture alignment. If you already have existing discomfort, DO NOT consider this illustration as an alternative to an assessment by a medical professional. If these any of these activities cause new discomfort, please discontinue and consult a medical professional.



Neck & Upper Back



Towel stretch

Chest & Trunk



Corner stretch

Hips & Upper Legs



Hamstring stretch



Hip Flexor stretch

Lower Legs



Calf stretch



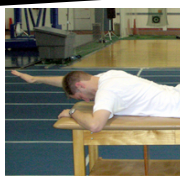
Shoulder Blade Squeeze



Reverse Corner Push Ups



Mini Dips



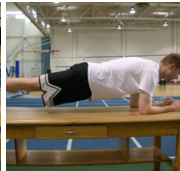
Arm Lift



Leg Extension with flat back



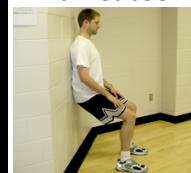
Bridges



Front Planks



Side Planks



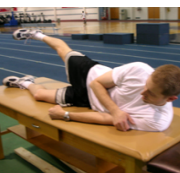
Wall Slides



Partial Lunges



Hip Extension on all 4s



Sidelying (Hip) Leg Raises



Heel Raises