



Chin Pro / Retraction Seated

Sitting tall with neutral postural alignment. Poke chin forward then slowly pull it back into chin tuck position. Keep head level, as if balancing a book on top of the head. Keep shoulders down/ avoid shrugging shoulders. Maintain an abdominal hollow throughout. Stop if the exercise causes pain.

Sets:	4-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

Notes:



'Brugger' Postural Relief Position

Sitting at edge of chair, feet on floor, knees shoulder width. Maintaining chin tuck and abdominal hollow, Raise chest up, laterally rotate shoulders/arms so that thumbs point backward, and rotate hips slightly outward. Hold for 3 relaxed breaths, slowly return to start position , repeat. Stop if the exercise causes pain.

Sets:	4-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

Notes:



Pectorals - Wall

Standing in a doorway, raise one arm to shoulder height with elbow bent approx. 90 (as if to wave). Place forearm against doorway, and place one foot in front of the other. Bend front knee and shift weight forward, leaning chest ahead. creating stretch in front of chest and shoulder. Hold for 10 relaxed breaths. return to start position. repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes: