

## Posture Related Stretches and Exercises

### 1. Side of Neck Stretch

Sitting on a chair, let your head bend to one side. Use the same side hand to apply a small amount of pressure to the head until you feel a gentle stretch on the side of the neck. Hold for 5 seconds and repeat 3 times on each side of the neck.



### 2. Back of Neck Stretch

Whilst standing, place your right arm towards the opposite 'back-pocket' area on the left. Bend the head down to the left side. Use the left arm to gently stretch the head towards the left. Hold for 5 seconds, and repeat 3 times on each side of the neck.



### 3. Front of Chest Muscle Stretch

Stand in the corner of a room and place palms of hands and forearms against the two walls in a corner. Gently lean forward until you feel a stretch in the front of your chest. You should feel a stretch in the front of your chest and armpits. Hold for 5 seconds and repeat 3 times.

Repeat stretches 1-3, 3-4 times per day

### 4. Straight Arm Circles with Palms Facing the Ceiling

Whilst standing, stretch both arms out to the sides with the palms of the hands facing the ceiling. Whilst keeping the arms straight, from the shoulders, you must move your arms in small circles backwards. Repeat this movement, within tolerance, for approximately 30 seconds. Repeat 3-4 times per day.



### 5. "Brügger Break" Position

Sitting at the edge of the chair with feet hip distance apart and feet turned outwards. Sit up tall and push your chest up and out, increasing the curve in the lower back. Drop the arms to the sides and turn them outwards and backwards. Hold for 10 seconds and repeat every 30 minutes when seated.

