

Posture Exercises



- *These Maneuvers should not hurt.
- *They should only cause a stretching sensation.
- *Do not rush maneuvers.
- *Patient and Assistant should not be distracted during these maneuvers.
- *If any pain occurs ice immediately and contact your Chiropractor.
- *Perform All maneuvers daily

Forward-Back-Extend

- Hold each maneuver 1 full second
- Repeat 5 to 10 times
- Perform 3 to 5 X daily

Forward-Back-Extend Neutral



Forward-Back-Extend

Forward-chin out



Forward-Back-Extend Back-chin in



Forward-Back-Extend

Extend-chin up



Reverse Shoulder Rolls

- One slow deliberate continuous roll
- Should take 2 full seconds to complete roll
- Perform 5 to 20 circles at a time
- Perform 3 to 5 times a day

Reverse Shoulder Rolls

Arms parallel to floor



Reverse Shoulder Rolls

Arms forward-up-back



Reverse Shoulder Rolls

Arms back



Lumbar Extension

- Hold extension for 1 to 5 seconds
- Repeat 3 to 5 X daily

Lumbar Extension

Neutral-flat



Lumbar Extension

Chest up-ankles up

