

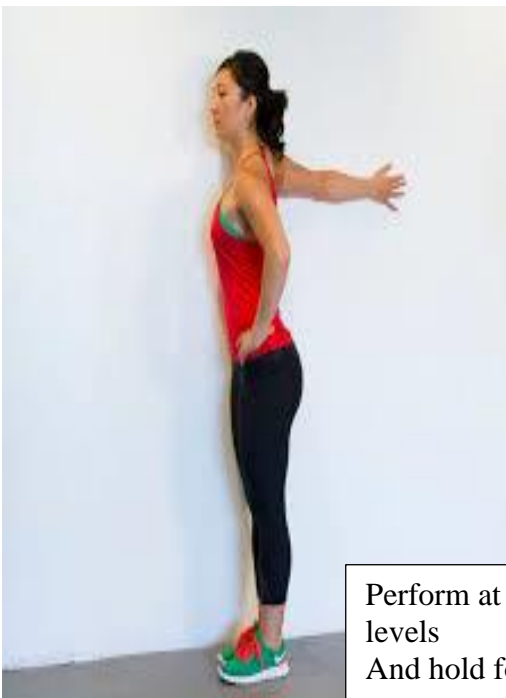
At-home Posture Exercises

POSTURE EXERCISE ONE LEG BALANCE ALL PROGRESSIONS TOGETHER



TO PERFORM ONE LEG BALANCE ALL PROGRESSIONS TOGETHER:

1. One Leg Balance Regression Holding On
2. One Leg Balance Holding On
3. One Leg Balance
4. One Leg Balance with Eyes Closed
5. One Leg Balance on an Instable Surface
6. One Leg Balance on an Instable Surface with Eyes Closed
7. Find the progression that meets your current level of balance and focus on balancing upright with proper posture
8. Hold the balance pose for 30 seconds on each leg
9. If you begin to wobble or get off balance, put your leg down, re-center your balance, and then continue performing One Leg Balance



Perform at multiple levels
And hold for at least 25

POSTURE EXERCISE SHOULDER BUTTERFLIES

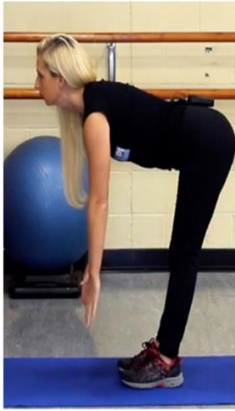


TO PERFORM SHOULDER BUTTERFLIES:

1. Stand up straight in proper posture with your hands interlocked behind your head
2. Begin with your elbows forward
3. Open and bring your shoulders back
4. Feel the contraction between your shoulder blades
5. Hold for 5 seconds
6. Repeat 10 times

At-home Posture Exercises

POSTURE EXERCISE HAMSTRING STRETCH



TO PERFORM THE HAMSTRING STRETCH:

1. Begin by standing up straight in proper posture
2. Hinge at your hips and lower your body toward the ground
3. Keep your back straight, keep your head up looking forward, and keep your legs straight (but not locked out)
4. Avoid dropping your chest or rolling your shoulders forward, allow your arms to hang down
5. Stop lowering your upper body when you feel the stretch in the back of your legs
6. Hold the stretch for 30 seconds

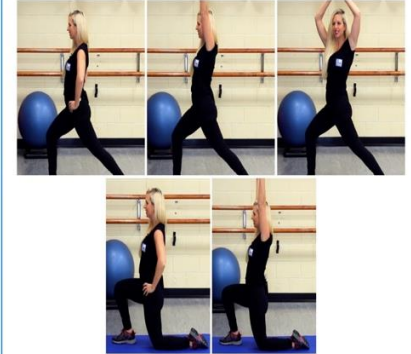
POSTURE EXERCISE PIRIFORMIS STRETCHES



TO PERFORM PIRIFORMIS STRETCHES:

1. Begin by sitting in proper posture on your mat
2. Cross one ankle over your opposite knee, and lightly press on your knee toward the ground
3. Keep your back straight, if you can lean forward, hinge forward at your hips and keep your back straight, don't round your shoulders forward
4. Hold the stretch for 30 seconds, you will feel the stretch across your gluteal and piriformis muscles
5. Next, bend one leg and cross it over your other leg
6. Twist your spine comfortably in the opposite direction keeping yourself sturdy with one outstretched arm
7. Rest the other arm on your bent leg and hold the stretch for 30 seconds
8. Then, lay on your back and cross one ankle over your opposite knee
9. Continue to press your back, the back of your shoulders, and the back of your head into the mat
10. Hold the stretch for 30 seconds
11. Repeat each stretch on the other side

POSTURE EXERCISE ILIOPSOAS STRETCH MODIFICATIONS



TO PERFORM ILIOPSOAS STRETCH MODIFICATIONS

1. Perform the iliopsoas stretch in the best modification for your body and balance
2. Begin by standing up straight in proper posture
3. Bend your front knee over your ankle, extend the other leg back with the ball of your foot on the ground
4. Place your hands on your hips or extend them up toward the ceiling
5. You should feel a nice stretch in the front of your hip on the leg that is back
6. A more advanced version is to bring your hands together and twist, opening up your hip further
7. Hold the stretch for 30 seconds, then repeat on the other side
8. If you feel more comfortable on your knees (do not perform on your knees if you have knee problems), bend one knee in front and bring your other leg slightly back
9. Place your hands on your hips or raise them up towards the ceiling

POSTURE EXERCISE CERVICAL DISTRACTION WITH A RESISTANCE BAND



TO PERFORM CERVICAL DISTRACTION WITH A RESISTANCE BAND:

1. Stand up straight in proper posture
2. Place a resistance band behind your neck, holding on to the band with both hands
3. BE CAREFUL NOT TO CROSS THE RESISTANCE BAND AROUND YOUR NECK
4. Drop your head back so your head is distracted over the resistance band
5. Hold for 30 seconds
6. You can perform cervical distraction with a towel around the back of your neck if you don't have a resistance band
7. Please Note: if this feels uncomfortable or you feel dizzy, nauseous, a headache, or light headed, stop performing this exercise immediately

POSTURE EXERCISE NECK RETRACTIONS WITH A RESISTANCE BAND



TO PERFORM NECK RETRACTIONS WITH A RESISTANCE BAND:

1. Stand up straight in proper posture
2. Place a resistance band behind your head, holding on to the band with both hands
3. Retract your chin back so your ears are aligned over your shoulders
4. Keep your eyes parallel to the ground
5. Retract your neck back and hold for 10 seconds
6. Perform 5 repetitions holding for 10 seconds each

At-home Posture Exercises

POSTURE EXERCISE POSTURE SQUAT



TO PERFORM POSTURE SQUATS:

1. Begin by standing with your feet shoulder width apart in proper posture holding a Posture Cushion
2. Squat down keeping your back straight
3. As you lower your legs down, raise your arms up holding the Posture Cushion in front of you
4. As you raise from a squatting position contract the muscles of your legs and glutes and return to a standing position
5. As you raise your body up, lower your arms to the starting position holding the Posture Cushion
6. Perform 10 repetitions with slow and controlled squats

POSTURE EXERCISE WALL POSTURE



TO PERFORM WALL POSTURE:

1. Begin by standing in proper posture against the wall with your feet one step forward from the wall
2. Press the back of your head, the back of your shoulders, the back of your arms against the wall
3. Keep your legs straight with a very slight bend
4. Arch your lower back by tilting your hips forward and creating a gap between your back and the wall
5. Then flatten your spine by tilting your hips back and flattening your spine against the wall
6. Breathe in as you arch your spine, and breathe out as you flatten your spine
7. Keep your eyes forward with your ears aligned over your shoulders
8. Perform 10 times with slow and controlled repetitions

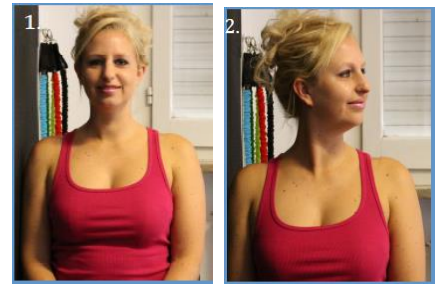
Step 1 Push ear in the direction opposite of postural distortion



Posterior head translation

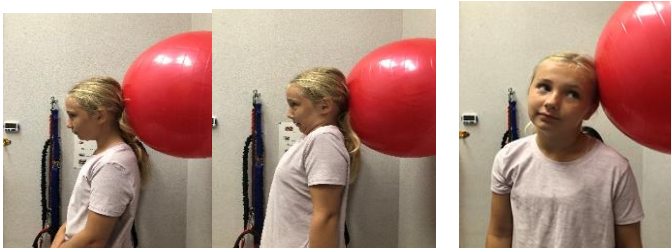


Lateral head translation



Rotation restrictions

Step 2 add isometric exercises



POSTURE EXERCISE NECK STRETCHES



TO PERFORM NECK STRETCHES:

1. Begin by standing up straight in proper posture
2. Bend your neck to the side and lightly place your hand on top of your head, hold the stretch for 30 seconds
3. With your head bent to the same side, straighten your opposite arm. With the arm on the side that your neck is bent to, grab your arm behind you to intensify the stretch, hold the stretch for 30 seconds
4. Look over your shoulder in a neck rotation, hold the stretch for 30 seconds
5. Bring your head forward diagonally and lightly place your hand on top of your head. Hold the stretch for 30 seconds
6. Bring your head back diagonally and lightly place your hands on your collarbone, hold the stretch for 30 seconds
7. Repeat each stretch on the other side

At-home Posture Exercises

POSTURE EXERCISE VOR IN SHARPENED ROMBERG POSITION



TO PERFORM VOR IN SHARPENED ROMBERG POSITION:

1. Stand up straight in proper posture with one foot directly in front of the other
2. Outstretch your arm in front of you with your thumb pointed up
3. Start by focusing your gaze on your thumb
4. Quickly move your head to the side, keeping your eyes focused on your thumb
5. Perform 5 quick repetitions
6. Bring your head back to center
7. Repeat 5 times in the other direction
8. Please Note: this exercise is more difficult to perform in this position, make sure you keep your balance. If you feel off balance stop performing the exercise

POSTURE EXERCISE VOR ANTERIOR AND POSTERIOR CANALS



TO PERFORM VOR ANTERIOR AND POSTERIOR CANALS:

1. Stand up straight in proper posture
2. Outstretch your arm in front of you with your thumb pointed up
3. Move your head to the side with your nose pointing at a 45 degree angle
4. From that position, keep your eyes focused on the tip of your thumb and rock your head forward and back 5 times
5. Bring your head back to center
6. Turn your head in the opposite direction and repeat 5 times

POSTURE EXERCISE VOR HORIZONTAL CANALS



TO PERFORM VOR HORIZONTAL CANALS:

1. Stand up straight in proper posture
2. Outstretch your arm in front of you with your thumb pointed up
3. Start by focusing your gaze on your thumb
4. Quickly move your head to the side, keeping your eyes focused on your thumb
5. Perform 5 quick repetitions
6. Bring your head back to center
7. Repeat 5 times in the other direction