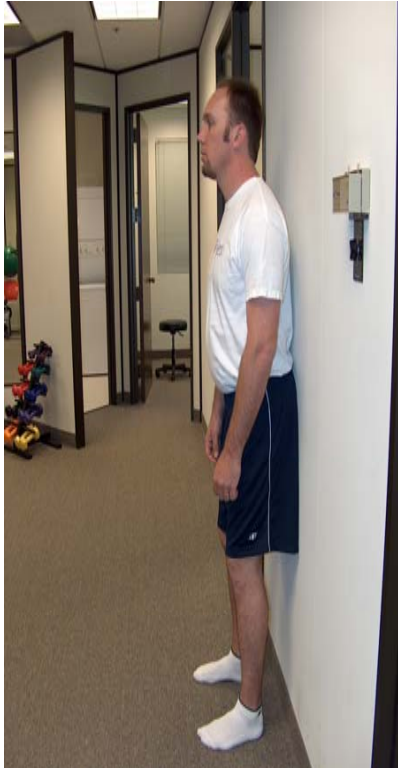


MARIN PHYSICAL THERAPY

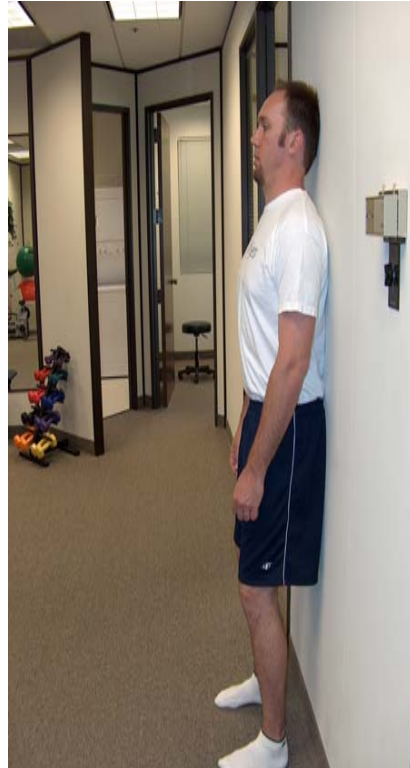
Postural Alignment Exercise

Hold ____ seconds. Repeat ____ times



Incorrect

Knees locked, pelvis tilted forward, low back arched, rounded shoulders, chest depressed, neck shortened, head forward.



Correct

Knees unlocked, pelvis level, small arch in low back, chest elevated, shoulders back, neck elongated, chin tucked



1. Maintain proper alignment. Reach over head, hands overlapped, torpedo position.



2. Maintain spinal alignment and push arms back toward wall. Shoulders and elbows at 90 degrees.