

MARIN PHYSICAL THERAPY

Postural Alignment Exercise

Hold ____ seconds. Repeat ____ times



INCORRECT: Pelvis tilted forward, low back arched, neck extended, chin forward



CORRECT: Pelvis level, small curve in low back, neck elongated. Chin tucked.



1. Maintain spinal alignment and elevate arms over head.



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