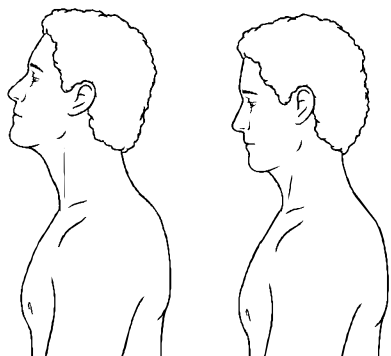


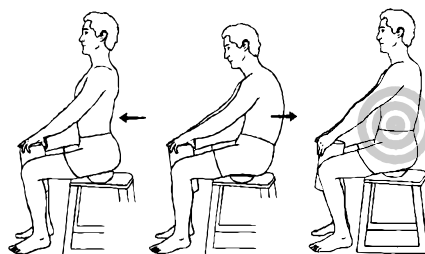
CERVICAL SPINE - 25 Flexibility: Neck Retraction



Pull head straight back, keeping eyes and jaw level.

Repeat as often as possible throughout the day. Check your head posture while at the computer. make sure that your chin is tucked and not jutting out in front of you.

SITTING - 1 Finding Spine Stability/ Neutral spine in sitting

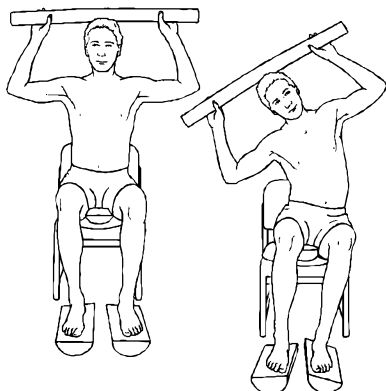


Practice your posture while seated. You want to end up sitting as in the third picture, not over extended or slouching. Make sure that your hips are pressed all the way back into the chair. Eventually, you should be able to sit straight without having to think about posture.

Practice as often as possible in the day.

SITTING - 11 Weight Shift: Side-Bend

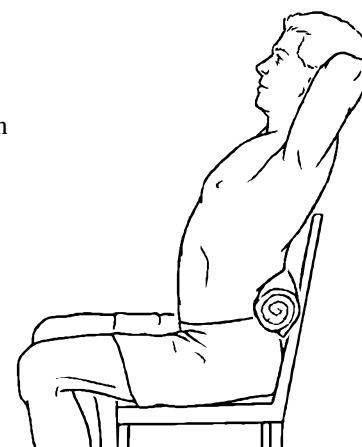
Stretch your arms up to the sky and side bend to one side and then the other. You can do this while holding something up over your head as in the picture, or without.



Repeat at least 10 times a day.

SPINAL MOBILIZATION - 15 Thoracic Self-Mobilization (Sitting)

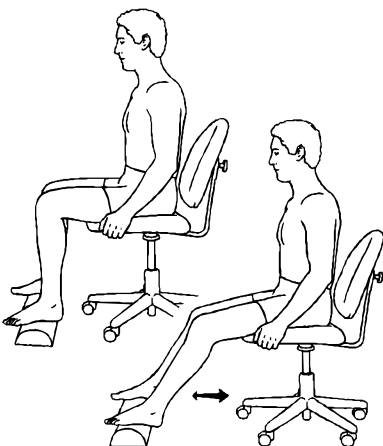
With small rolled towel at lower ribs level, gently lean back until stretch is felt. Hold about 30 seconds. Relax. You can do this with or without the towel roll.



Repeat several times throughout the day.

SITTING - 6 Knee: Flexion / Extension – Closed Chain (Rolling Stool)

While sitting on a rolling chair, push and pull with your legs, straightening and bending your knees. You should feel your hamstrings tightening and releasing as you pull. "Walk" around the room this way.



HIP / KNEE - 25 Strengthening: Wall Slide

Leaning against a wall, and slowly lower buttocks until thighs are parallel with the floor. Make sure that your toes are out farther than your knees. Hold 30 seconds. Tighten thigh muscles and return.

