

Exercises

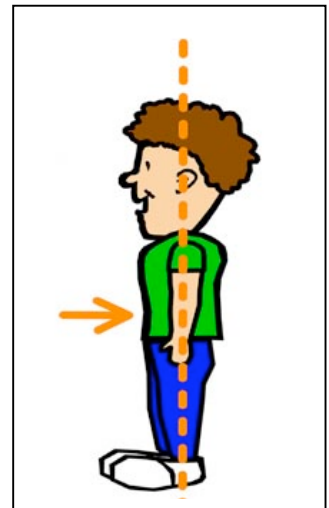
These exercises are intended for healthy children.
If an exercise causes sharp pain stop immediately.

- Posture Exercise

- Stand up tall
- Pull stomach backwards toward your spine
- Ears, shoulders, hips and knees in a straight line over your ankles
- Also can do sitting down with feet on floor (or footrest)

- **When seated-Proper posture (COMPUTERS!!!)**

- Sit up straight (see posture exercise), leaning back slightly (110°), knees bent $>90^\circ$ with feet on the floor



- Neck/shoulder/upper back stretch

- Take 1 or 2 stomach breaths
- Roll neck side-to-side 3 or 4X
- Place hands at base of head on back of neck
- Relax shoulders and roll them backward drawing your shoulder blades down and together
- Hold for 5 seconds, repeat 5 times



- Tightrope Exercise (core strengthening)

- Stand up straight performing the posture exercise
- Make sure you are holding your stomach in
- Pretend the floor in front of you is a tightrope
- Step forward along the tightrope with your right leg, bringing your knee over your ankle (not over your foot)
- Hold for 10 seconds
- Repeat for the other leg, do each leg 3 times



For further information or to see this presentation visit
www.peyserchiropractic.com.

All pictures and exercises courtesy of Straighten Up America.
www.straightenupamerica.org