

Posture improvement stretches!

Stand up against the wall and check your posture? Make sure you warm up with a brisk walk or exercise on the spot just so the blood is flowing and your joints are ready to stretch.

- Warm up the shoulder, with backward shoulder rolls.
- Posterior neck stretch (passive /PNF)
- Doorway single arm chest stretch
- Double arm chest stretch
- Double Lat stretch
- Hip flexor stretch
- Hamstring stretch/short hams
- Towel assisted hams/calf
- Piriformis stretch (knee to chest)
- Squat stretch to calf/ roll up
- Alternative hamstring stretch

Repeat the wall standing, getting into good posture will feel easier and the wall standing will guide you all day long! If you think you need another quick check during the day, stand again with your back against that wall :-))