



Family Care Plus Physical Therapy & Wellness  
G-2037 S Center Rd, Ste A  
Burton, Michigan 48519

Hours: Monday through Friday, 8:00 AM till 6:00 PM  
Phone: (810)743-7950

Visit us online at [www.familycarepluspt.com](http://www.familycarepluspt.com) and check exercise videos!

Also, join us on Facebook/Family Care Plus Physical Therapy & Wellness.

\*\*\*\*Be patient and work as per the guidelines. It takes some time to see objective improvement. Feel free to ask questions if you have any concerns.

### POSTURE TIPS

#### DO:

- stand tall and erect
- keep chin tucked in
- keep head and shoulders in alignment
- check posture regularly in mirror or large window
- pull head back against headrest in car seat

#### DON'T:

- slouch or slump while watching TV or reading
- sit, stand or lie in one position for too long
- believe you are too bent out of shape --  
It can be done with practice and a little more effort!

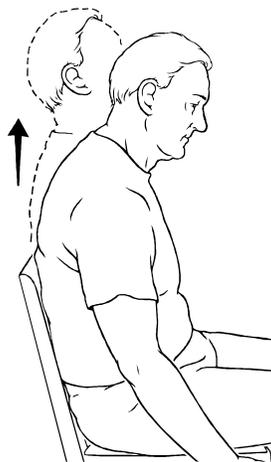
### POSTURE - 13 Isolated Spine Extender

Inhale slowly. Exhale while sitting or standing as tall as possible.

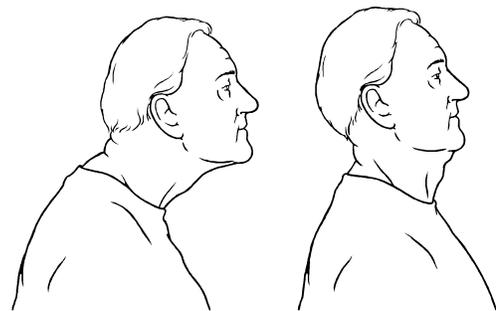
Hold 2-3 seconds, breathing normally.

Relax.

Repeat 10 times.  
Do 5-6 sessions per day.



### POSTURE - 1 Turtle Jut



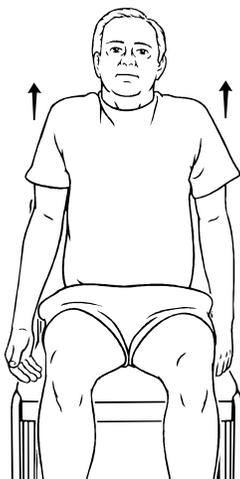
Jut chin forward then back in an exaggerated fashion. Return and relax.

Repeat 10 times. Do 5-6 sessions per day.

### POSTURE - 4 Shoulder Shrug

Raise shoulders up, then slowly press them down. Relax.

Repeat 10 times.  
Do 5-6 sessions per day.



### POSTURE - 7 Shoulder Blade Squeeze

Rotate shoulders back, then squeeze shoulder blades together.

Repeat 10 times.  
Do 5-6 sessions per day.

