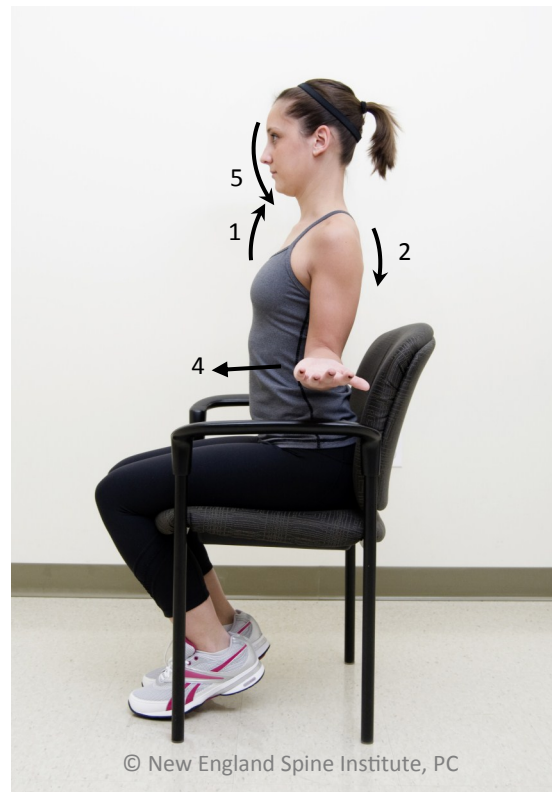


# Seated Postural Retraining



- Sit erect, keeping a normal curve in the low back.
- Lift the sternum (breastbone) (1)
- Pull the shoulder blades down, back and together. Draw each shoulder blade toward the opposite back pocket. (2)
- Hold the elbows by your side, in line with your body, with the palms facing up. Rotate your hands backward. (3)
- Gently pull the elbows forward; in line with the trunk. (4)
- Tuck the chin into a double chin position. (5)

Unless otherwise indicated below, this exercise is performed once hourly for 10 seconds. When performed correctly, within a couple of days, some soreness may be experienced in the front of the chest, between the shoulders blades and across the lower neck. The soreness will go away within a few days.

Repetitions: \_\_\_\_\_ Sets: \_\_\_\_\_ Repeat \_\_\_\_\_ times daily.

Hold time: \_\_\_\_\_ Other instructions: