

POSTURE CORRECTION ROUTINE

Focus: Spinal Alignment & Mobility Daily Frequency: 1-2 Sessions

1. Chin Tucks

Sit tall, looking straight ahead. Gently draw your chin straight back as if making a "double chin" without tilting your head up or down.

10 Reps Hold 3s

2. Scapular Squeezes

Draw shoulder blades down and back together as if trying to hold a pencil between them. Keep shoulders away from ears.

12 Reps Hold 5s

3. Wall Angels

Stand against a wall. Flatten your back, arms, and back of hands against the wall. Slowly slide arms up and down in a "Y" motion.

10 Reps Slow Tempo

4. Doorway Chest Stretch

Place forearms on door frame with elbows at 90 degrees. Lean forward until a stretch is felt across the chest.

3 Reps Hold 30s

5. Cat-Cow Stretch

On hands and knees, inhale as you arch your back and look up. Exhale as you round your spine and tuck your chin.

10 Cycles Controlled

6. Bird-Dog

On all fours, extend opposite arm and leg simultaneously. Maintain a neutral spine and level hips throughout.

10 Per Side Stability

Note: Perform all movements within a pain-free range of motion. Consult a professional before starting new exercises.