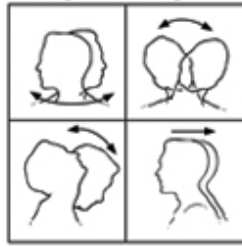


### Posture Break Exercises

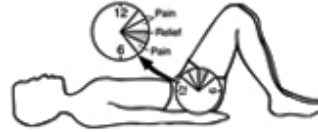
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Neck range of motion/neck glide

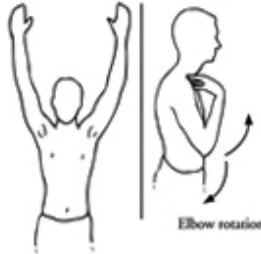


Shoulder stretches

"Pelvic clock"



Touchdowns



Bend backs



Elbow rotation



Hip stretch



Back stretch



Trunk twists



Side benders



Knee benders



Hip marching



Ankle pumps/circles



Knee spreaders



Note: These activities should not cause any undue pain or discomfort and are not meant as a substitute for a complete musculoskeletal assessment. If you have any questions about the appropriateness for you, please consult your physician.

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