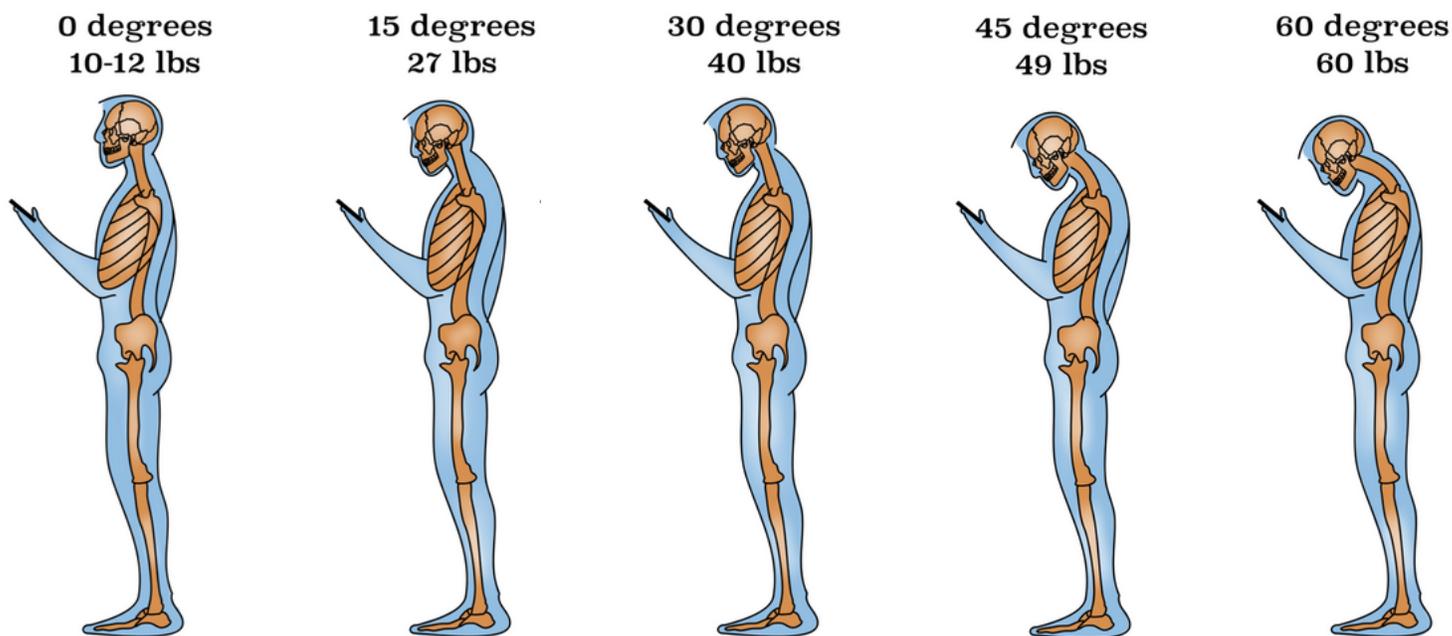


WHY IS GOOD POSTURE CRUCIAL FOR YOUR HEALTH?



For every inch of forward head posture the head weight increases by approximately 10 pounds.



1 BRUEGGER'S EXERCISE

Stand up straight with your hands at your sides. Begin by bending your elbows slightly as you rotate your arms outward. Slowly pull your shoulders back and down as you gently retract your head. Perform 2 sets of 10 repetitions.



2 HEAD RETRACTION

Begin by tucking your chin slightly the draw head upward toward the ceiling in a straight-line movement. Pause at end range for 4 seconds before returning to start position. Perform 2 sets of 10 repetitions.



3 FLOOR ANGELS

Begin lying face up on floor with knees bent. Place arms with elbows bent comfortably on the floor with palms facing up. Slide arms upward above your head while maintaining forearm contact with floor. Do not let your back arch upward. Slowly return to start position. Perform 2 sets of 10 repetitions.

Your posture is a window to your health

According to the American Journal of Pain Management "Posture effects and moderates every physiological function from breathing to hormonal production." Bad postural habits can result in spinal pain, headache, abnormal blood pressure or pulse, and even reduced lung capacity."

What is Normal Posture?

Normal posture is defined as an equilibrium in which there is no strain on the ligaments and a minimum expenditure of muscular force to maintain spinal alignment of the head, shoulders, knees and ankles.

Am I at Risk?

Every time we look at our phone, we tilt our head forward, which effectively changes the weight of the head from 10-12 pounds to as much as 60 pounds. Over time, this puts excessive strain on the spinal joints and causes tension within the muscles of the neck, shoulders and upper back.

How Do I Improve My Posture?

To begin with, start holding your smart phone at eye level. This will prevent you from excessively flexing your head forward. Additionally, try the exercises on the left or ask your healthcare provider for an individual exercise program.