

ATHLETICO

PHYSICAL THERAPY

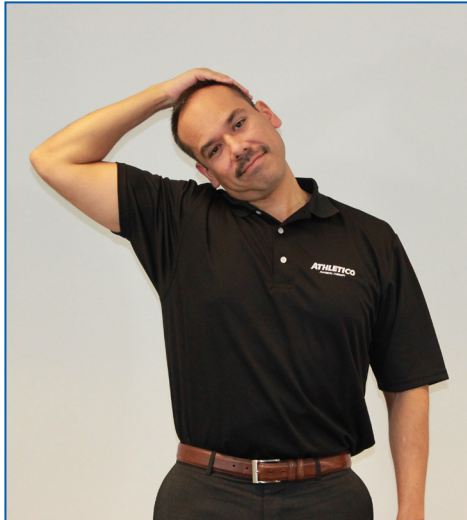
Reversal of Posture Exercises



CHIN TUCK

Stand straight with head level. Place the web of your hand on your chin, gently pushing your head backwards. Attempt to make a “double chin.”

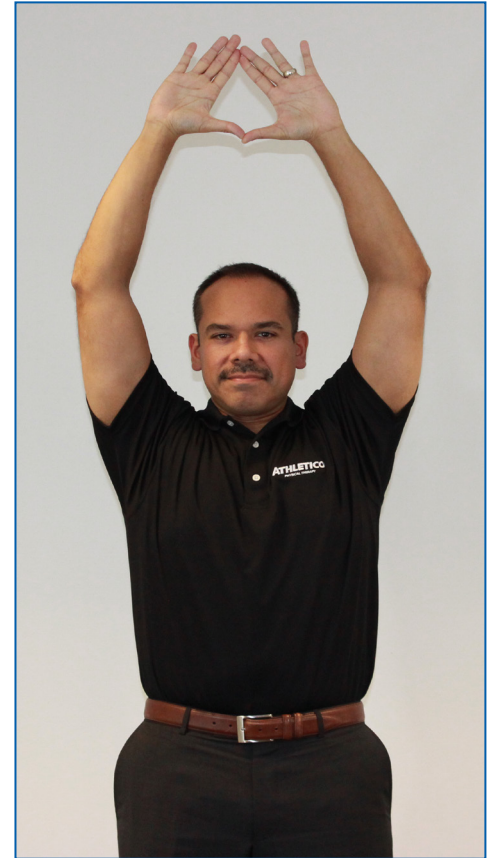
Hold for 10 seconds.



NECK SIDE-BEND

Place one hand on shoulder to stabilize it. Drop ear toward opposite shoulder.

Hold position for 5 seconds and repeat on opposite side.



OVERHEAD REACH

Lift arms overhead. Slowly pull your shoulder blades down and back, as if to put your elbows into your back pockets.

Hold for 5 seconds.



SHRUG-BREATH

Inhale, cross arms, clench fists and shrug shoulders up toward the ceiling. Exhale slowly while pushing thumbs back and squeezing shoulder blades together.

Hold at the end for 5 seconds.



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PHYSICAL THERAPY



FOREARM STRETCH 1

Start with arm straight out at chest level, fingertips up. Use the opposite hand to grab the palm of your outstretched hand, pulling it back toward you.

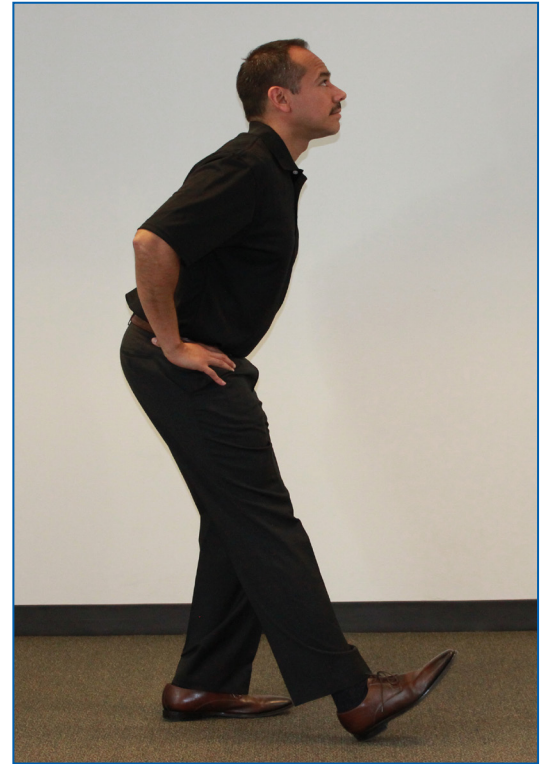
Hold for 5 seconds and repeat on the opposite side.



FOREARM STRETCH 2

Start with arm straight out at chest level, fingertips down. Use opposite hand to pull your palm down.

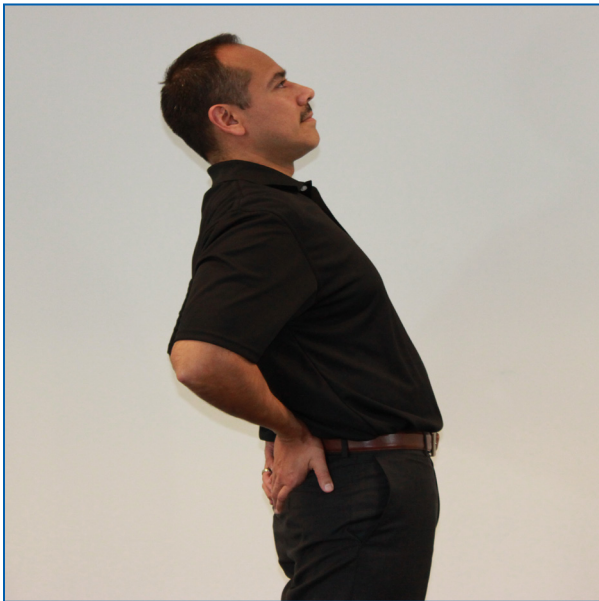
Hold for 5 seconds and repeat on the opposite side.



HAMSTRING FLEXIBILITY

Place heel on floor with your toes pointing at the ceiling. Keep your head and chest up, hips back and slightly lean forward.

Hold for 5 seconds and repeat for opposite leg.



BACKWARD BEND

Place both hands on your hips and lean back gently, allowing your back to arch.

Hold for 10 seconds.

GENERAL RULES

1. If you are currently being treated for an injury, please check with your physician first.
2. Perform at minimum 3 times per day. Suggestion: at the beginning of the work shift, at breaks, and at the end of the shift.
3. Each Reversal of Posture position should be held for 5-10 seconds.
4. Remember to perform Reversal of Posture positions slowly.
5. The “holding time” is as important as the motion.



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