

# Postural Exercises



With your arms out to the sides, turn your knees to one side while turning your head in the opposite direction. Repeat in the opposite direction.

**What it does - Stretches the muscles and joints in your lower- and mid-back.**



Pull both knees to your chest

**What it does - Stretches your lower back, your buttocks, and your abdomen muscles.**



With your knee bent, pull your leg to your chest. Then, press your knee and lower-back to the floor.

**What it does - This will work your buttocks and back muscles and will stretch your hips.**



While pressing your back against the floor, raise your leg, using your hands if needed.

**What it does - This will strengthen and stretch your quadricep and hamstring muscles, and stretch your hip joints.**



Have your hands directly beneath your shoulders and knees directly beneath your hips. Relax your back and look up, while not sitting back on your hips.

**What it does - Stretches back and abdominal muscles, helps your lower back curve.**



Drop head and tighten abdominal muscles while pressing your back upwards.

**What it does - Strengthens abdominal and buttock muscles and stretches lower- and mid-back.**