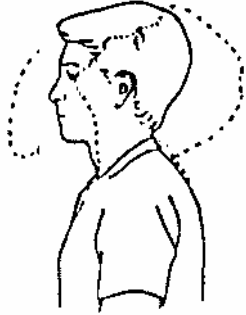
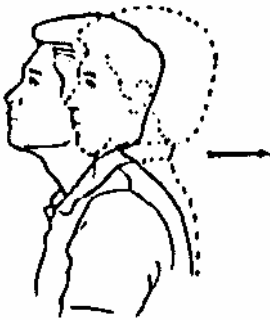


Posture Exercises



NECK EXTENTION

Take shoulders back and extend your head back as far as it can go. Hold for up to 10 seconds and return back to normal. Repeat 3 times 3 times a day.



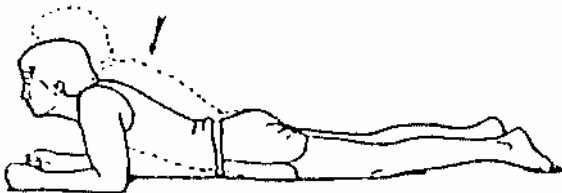
NECK RETRACTION

Take head straight back keeping your jaw and eyes level. Hold it back for 5 seconds return back to normal. Repeat 3 times.



SHOULDER SHRUG

1. Shrug shoulder up towards ears and hold for up to 10 seconds and return back to normal. Repeat 3 times 3 times a day.
2. Bring both shoulders back and allow your chest to go forward. Hold for up to 10 seconds and return back to normal. Repeat 3 times a 3 times a day



BODY EXTENTION

Put body in a *Sphinx* like posture. Keep elbows bent and head up while relaxing your shoulders and low back. Maintain posture for up to 20 minutes. Repeat every other day.