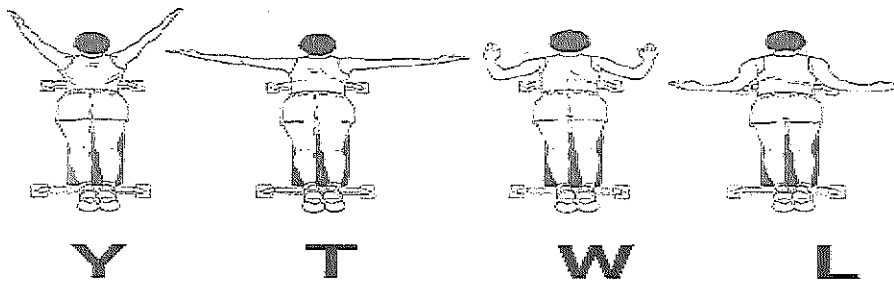


Posture Exercises Head Forward

It is important to take breaks while working at the desk and computer all day! A short break every hour with the following stretches will make you more comfortable and more productive. Here are the Y,T,W,L exercises.

- Exercises may be done standing or sitting, but prefer standing to get better movement.
- Contractions are to be held for 15-20 seconds each.
- In all 4 positions pinch shoulder blades together and hold for 15-20 seconds.



Chin Slide Posterior:

- Keeping chin in a position parallel to the ground.
- Slide chin posterior as far as possible and hold for 15-20 seconds.
- Should feel in lower neck-upper thoracic area.
- Beneficial to to Chin Slide with each muscle contraction above.