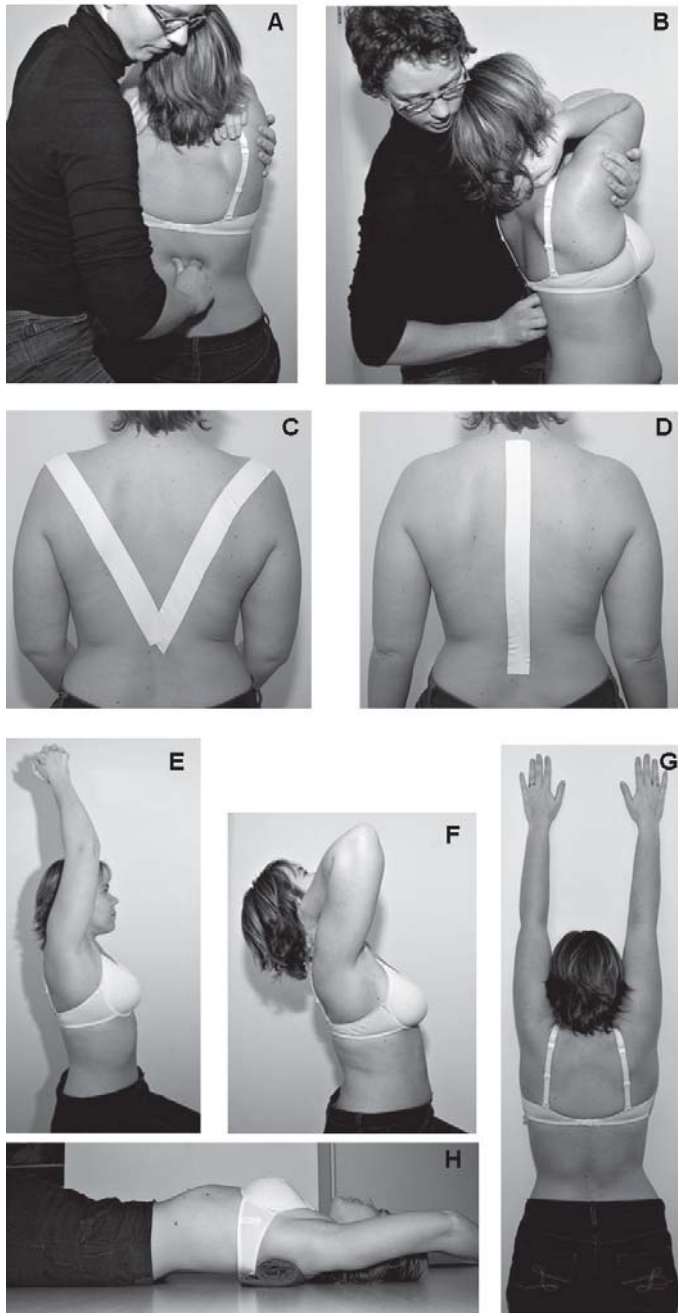


## Posture Improvement Exercises—E,F,G,H



1. (E) Seated, lift both hands together above the head, 10-15 reps, 3 sets.
2. (not pictured) Seated or standing with the back against a wall, straightening the back as far as possible, 10-15 reps, 3 sets.
3. (F) Seated on a chair with both hands on the neck or crossed over the chest, lift the arms and extend the upper back (stick out your chest and lift your head slightly), 10-15 reps, 3 sets.
4. (G) Stand in front of a wall, sliding hands up the wall as high as possible on the wall, 10-15 reps, 3 sets.
5. (H) Lie on your back, knees and hips flexed and feet resting on the ground, put a small rolled up towel between your shoulder blades. Lie over towel roll for 30-180 seconds.