



## Your Guide to Reducing Back Pain and Improving Posture

We recommend the following:

1. **Visualize:** Think of a straight line that passes evenly through the ears, shoulders, hips, knees, and ankles (when standing). Then imagine a strong cord attached to the top of the head pulling you upwards, making you stand taller
2. **Shoulder blade squeeze:** Sit up straight in a chair, relax the arms with the shoulders down (no shrugging), breathe deeply, and draw the shoulders back and squeeze the scapulae together keeping the chin tucked in. Repeat three to four times.
3. **Chair Pose:** Stand with your feet shoulder width apart. Bend slightly at the knees and create pressure like you are pushing in against something. Keep your chest tall and upright. Raise both arms straight overhead. Take a deep breath in while imagining yourself getting taller. When you exhale, keep your body tall. Repeat for 3-5 breaths.
4. **Chest stretch:** Stand facing a corner and place your forearms and palms on each of the two walls and straddle your feet one in front of the other. Lean forward until there's a strong stretch in the chest muscles. Hold for 20-30 seconds and take deep breaths.
5. **Arm-across-chest stretch:** Raise the right arm forward to shoulder height and bend at the elbow. Grasp the right elbow with the left hand and gently pull it across your chest until you feel a strong stretch in the right shoulder and arm. Hold for 20 seconds and repeat on the opposite side and repeat three times.