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Wall Extensions

- Stand with your back against a wall. Stand straight up and make sure your shoulder blades and rear end are against the wall.
- Raise your arms as though you were surrendering, pressing your upper arms into the wall. The desired position should result in a 90 degree angle between your torso and your upper arms.
- Once your upper arms are in the correct position, place your forearms on the wall so that your forearms are completely vertical. Initially, this will result in there being a 90 degree angle between the upper arm and the forearm.
- In the beginning, just standing in this position may be challenging enough. However, to increase the challenge and to retrain the postural muscles, you can push the head, arms, and spine back into the wall and hold it for 30 seconds.
- Repeat 3 times.



Neck Retraction

- Lie onto a flat bench or sturdy table facing toward the floor with your head and face off the bench.
- Allow your head and face to lower towards the floor.
- Then, keeping your face parallel to the floor, retract your head and neck away from the floor as far as you can without arching your spine, and hold for a couple seconds.
- Your eyes should be looking straight at the floor the whole time.
- Repeat 15 times. Then take a short break if necessary.
- Perform 3 sets of 15.



Scapular Retraction and Extension

- Stand or sit as shown in the picture to the left. Arms are hanging loosely by the side and palms are turned slightly up.
- Proceed to arch the spine, including the neck, and at the same time squeeze your shoulder blades together.
- Take a deep breath in while you do this. Hold for a second or two, then exhale and return to the starting position. Repeat 15 times.
- Perform 3 sets of 15 reps.