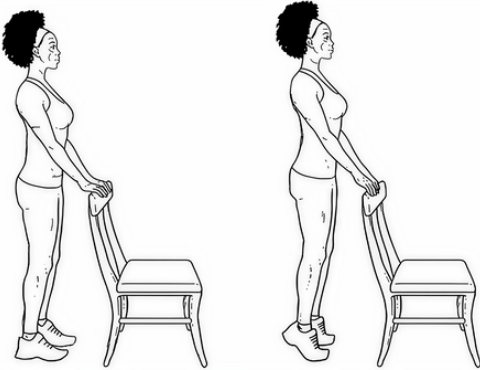


Exercises to Improve Posture

These 4 exercises will help improve your posture and may help decrease pain.



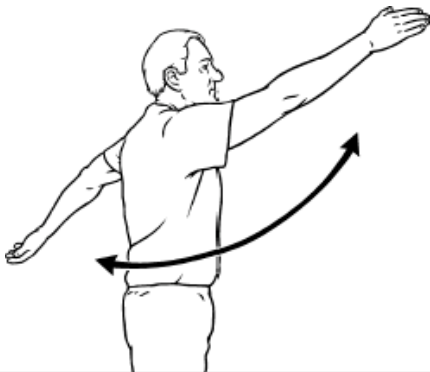
1. Calf raises

This exercise can be done sitting or standing. With bare feet or wearing socks, keep your toes on the floor and lift your heels. Hold for 3 seconds. Do this exercise 10 times.



2. Squats

Standing at a rail or holding a counter top, bend your knees and stick out your rear. Make sure to keep your knees pointing straight forward over your toes (don't let them fall inwards) and keep your chest up. Do this exercise 5 to 10 times, and repeat for a total of 2 sets.



3. Arm swings

This exercise can be done sitting or standing. Pump your arms in alternating directions. Repeat 10 to 20 times on each side. Make sure to pull your arms back all the way so they reach behind your body.



4. Chest lifts

This exercise can be done sitting or standing. Put your hands behind your head with your elbows pointing out to either side. Lift your chest upwards and try to look up at the ceiling. Your hands will support the weight of your head. You should feel the muscles between your shoulder blades working. Hold for one deep breath.