

Wall Angels

Proper exercise will pull the shoulders back and allow the head to return over the shoulders for improved posture, less tension in neck and upper shoulders, improved respiration, and more energy. It's important to maintain contact with the wall while pulling your shoulder blades together for full range of motion. Do this exercise twice a day for 10-15 repetitions or until you become fatigued.

- Stand with your heels, butt, back and head flat against the wall.
- Bring your arms back against the wall at 90 degrees, keeping your wrists and hands flat.
- Slowly slide your arms up over your head, while maintaining contact with the wall.
- Once overhead, slide your arms down while squeezing your shoulder blades together.



Door Frame Stretch

The stretch is recommended in addition to wall angles to stretch your pectoral muscles. When these muscles are tight it causes your shoulders to roll forward, head to swing out in front of your body and increases tension throughout the neck and upper back.

- Stand in a doorway or against a wall with your body perpendicular to the wall.
- Place hand flat against the wall, step forward and hold for 30 seconds, relax and repeat on each side 2x.

