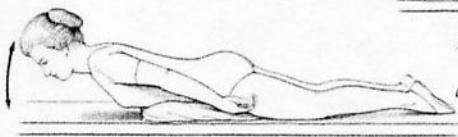
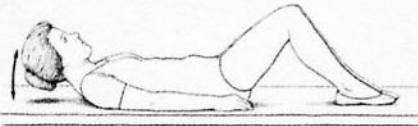


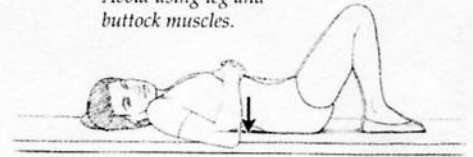
## EXERCISES TO IMPROVE OR MAINTAIN POSTURE



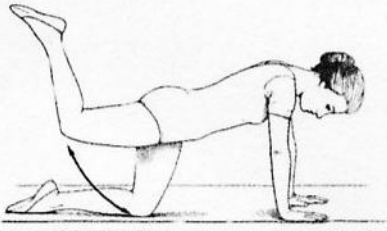
For the neck flexion, above, rest your arms comfortably at your sides. Tighten your abdominal muscles as you raise your head.



For the pelvic tilt, below, lie as shown. Tighten your abdominal muscles as you roll your pelvis down while flattening the small of your back against the surface. Avoid using leg and buttock muscles.



For the upper back exercise, above, lie flat on a firm surface with a large pillow under your hips and the lower part of your abdomen. Place your hands at your sides. With chin tucked in, pull your shoulder blades together and raise your head and chest.

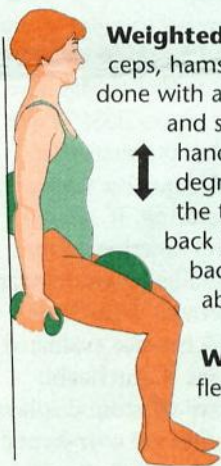
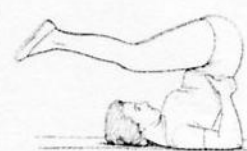
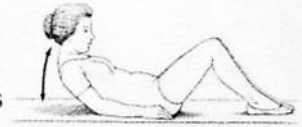


For the lower back exercise, above, from a hands-and-knees position, raise one leg at the hip, keeping your knee bent. Repeat with other leg.



For the upper back exercise, above, tuck in your chin and relax your shoulders. Bend elbows and pull shoulder blades together as you straighten your upper back.

### AVOID THESE EXERCISES IF YOU HAVE OSTEOPOROSIS



**Weighted wall squat** strengthens the quadriceps, hamstrings, and gluteals. This exercise is done with a rubber ball placed between the knees and small dumbbell weights held in each hand. Squat down slowly until a 90 degree angle forms with the knees, and the thighs are parallel to the floor. The back is kept straight. Straighten legs slowly back to the starting position, keeping abdominal muscles tight.

**Weighted march** strengthens the hip flexors and aids postural realignment in the pelvic region. It is done with ankle weights and poles held like ski poles.

Raise one knee until the thigh is parallel to the floor, forming a 90 degree angle at both the knee and hip joints. Lower the leg until toes barely touch the floor and repeat. Alternate sets with the other leg.



**Military press** strengthens the shoulders and back. In the program, a dumbbell of 15 pounds is used at the start. The press begins with the weight at the shoulder, palm facing forward. The weight is raised above the head directly over the shoulder, until the arm is fully extended (but do not lock the joint). The weight must be pressed straight up, not forward or out to the side. Two sets of 6-8 repetitions are done with each arm.