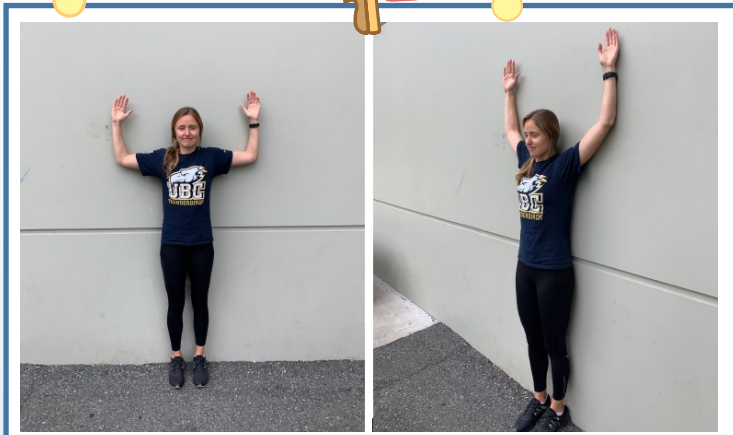




# Ergo Your Posture



## Wall Angels (10 Reps / 1 s hold)

- Stand with your back against a wall and bend your knees a little. Your shoulders and head should be touching the wall
- Start with your shoulders, wrists and forearms should be touching the wall.
- Bring your arms up as high as you can get them, without any of your body parts coming away from the wall.



## Side Stretch (1 Rep / 20 s hold)

- Stand with your arms up over your head, keeping them close to your ears.
- Hold your hands together and lean to one side, feeling the stretch down the other side of your torso.



## Lumbar Extension (5 Reps / 5 s hold)

- Place your hands in the small of your back and slowly bend backwards focusing on arching in your lower back.



## Wall Fly (10 Reps / 1 s hold)

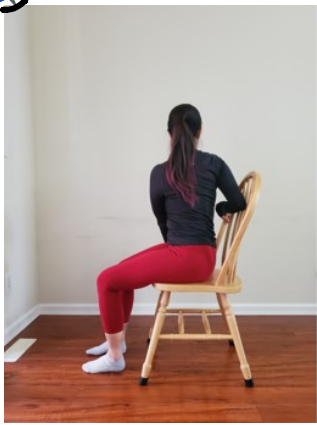
- Stand up straight with your back against a wall.
- Bend your elbows and rotate your forearms outwards so that the backs of your hands touch the wall.
- Allow your upper arms to move away from your sides a little.
- Maintaining this angle, press the backs of your forearms and wrists into the wall.



## Shoulder Shrugs (10 Reps / 1 s hold)

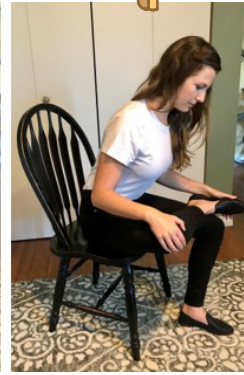
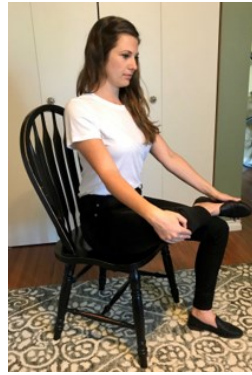
- Take a deep breath in and move your shoulders upwards.





### Trunk Rotation (2 Reps / 5 s hold)

- Sit upright in a chair and rotate your body round to one side, using your arms on the back of the chair to pull yourself round further.



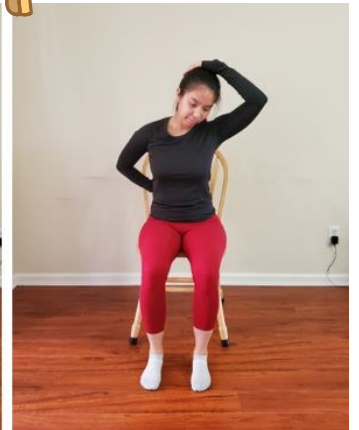
### Glute Stretch (1 Rep / 30 s hold)

- Cross the ankle of the affected leg over the opposite thigh just above the knee. Lean forwards, bending from the hip.
- Increase the stretch by placing your hand on the inside of the affected knee, and apply some downwards pressure.



### Deep Neck Flexors (10 Reps / 1 s hold)

- Lean your body forwards and ensure your back remains straight.
- Pull your head backwards so that your chin tucks in. Then, look up towards the ceiling until your head is around neutral.



### Nose to Armpit (1 Rep / 30 s hold)

- Place the hand of the side you want to stretch behind your back. Take the opposite hand and pull your head forwards and to the opposite side at an angle.



### Wrist Stretch (1 Rep / 20 s hold)

- Start with your forearm resting on a table and your affected hand palm up. Keep your fingers relaxed and use your other hand to lift the hand upwards