



YTWL – Initiating Normal Spinal Posture

Activities to Avoid or Minimize

1. Sitting
2. Standing with weight on one foot
3. Reading on back with head flexed forward
4. One sided sports (always practice both hands)
5. Carrying bags on one shoulder
6. Sleeping on stomach
7. Cradling phone between shoulder and ear
8. Watching T.V. (no justification possible)
9. Repetitive activities with arms in front or overhead
10. Poor posture during any activity

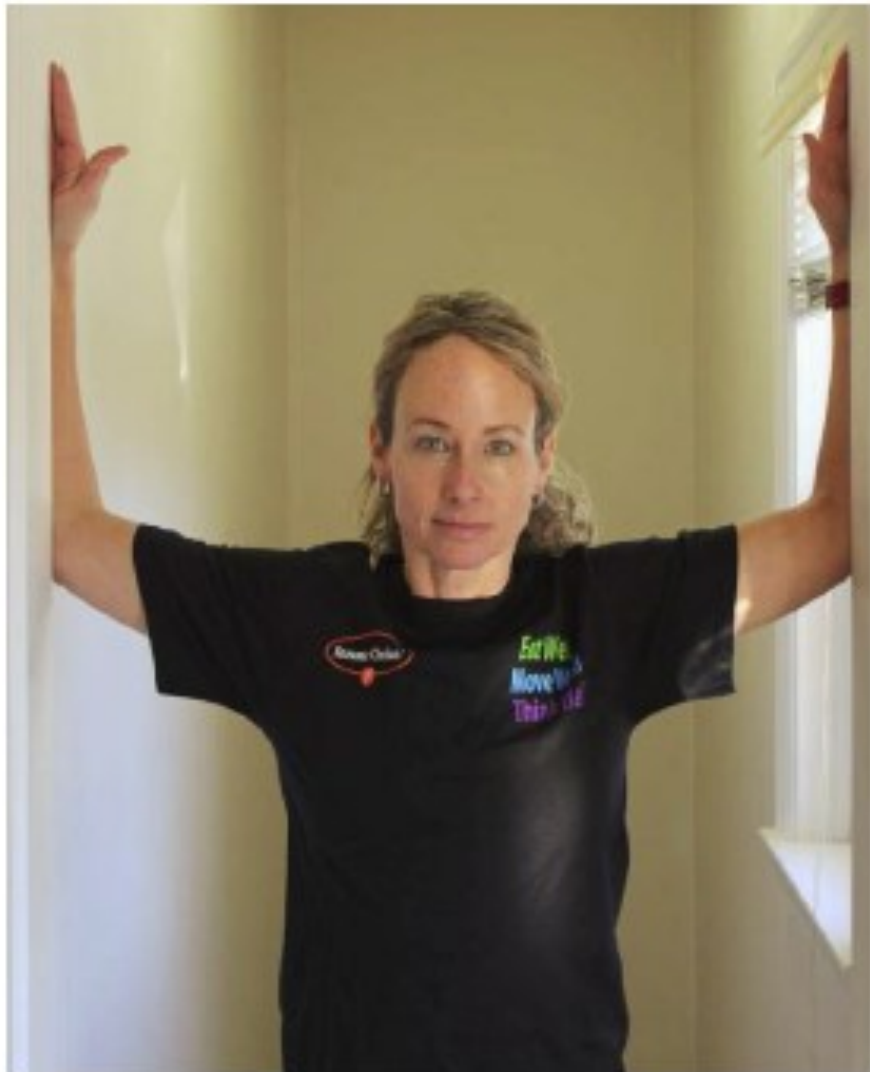
Good choices to make

1. Follow the Innate Physical Fitness Plan
2. Daily Innate Spinal Hygiene
3. Regular Chiropractic Spinal Checkups
4. Sitting on ball with good posture at good work station
5. Frequent breaks with exercises and stretches
6. Maximize opportunity for physical daily living tasks
7. Hobbies that require physical exertion
8. Finding an exercise buddy or group
9. Gymnastics, Yoga, Pilates, or equivalent
10. Set mirrors in car so you can only see out of them with proper posture
11. Dance!!
12. Own a wobble board or mini tramp and a Swiss ball

Incorporate Spinal Hygiene exercises into your daily routine (during breaks at the office, when you go to the restroom, in the morning and in the evening).

MOVE WELL DOORWAY STRETCH

- Stand in doorway with shoulders and elbows and right angles keep head pulled back and chin slightly tucked.
- Walk or lean through doorway forcing arms posterior and stretching chest, shoulders, and internal rotators.
- Relax and inhale, exhale slowly while actively stretching; hold for 30 seconds.



MOVE WELL ANTERIOR HEAD CARRIAGE (AHC) WALL EXERCISE

- Place heels, buttock, upper back, and head against wall.
- Bring arms up with right angles at shoulder and elbow and externally rotate attempting to bring forearms and back of hand against the wall while keeping the elbows against the wall.
- Tuck chin slightly to create flexion in upper cervical spine.
- Relax and inhale, exhale slowly while pressing back of head and arms against wall.
- Progress slowly in terms of number of representations and force applied; Hold for 30 seconds.

Exhale and Press Arms Back

Relax and Inhale



SCAPULAR-THORACIC EXERCISES (YTWL)

- For all of these exercises the object is to pull the shoulder blades together as much as possible and hold for 15 seconds. Inhale while relaxing, exhale while contracting and holding. KEEP THUMBS POINTED BACK TO PROTECT SHOULDERS.
- Best done standing.



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W



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