

SIX STEP POSTURE EXERCISE

Fight back against the forces of gravity that pull us forward and down into a collapsed posture. The following simple exercises are designed to help the individual to strengthen the postural muscles that hold us upright against gravitational forces. I teach these to everyone who comes into my office. They are simple yet powerful. When done daily along with neuromuscular Therapy, I believe it can stop and/or reverse the collapse posture. I do them every morning and whenever I can throughout the day.

HOLD THESE SIX CONTRACTIONS FOR SIX SECONDS

STARING STRAIGHT AHEAD

RELEASE SLOWLY AND WITHOUT COLLAPSE.

1. TOES GRIP
2. PELVIS TUCKS
3. KNEES ROLL OUTWARD
4. PALMS FACE FORWARD &
SHOULDER BLADES COME TOGETHER
5. LIFT UP NAVAL & RIB CAGE
6. CHIN OUT & UP, HEAD STRAIGHT
BACK

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