

# Reach for better posture

Take a few minutes to try these 12 chiropractor-approved stretches—your body will thank you.



## 1. STRAIGHTEN UP

- Standing tall with your feet together, align your ears, shoulders, hips, knees, and ankles.
- Pull your belly button in towards your spine.



## 2. SIDE BEND

- From the Straighten Up pose, move your feet shoulder-width apart and raise your arms (a).
- Breathe in and slowly bend to one side as one arm goes over your head and the other arm slides down your leg (b).
- Slowly return to Straighten Up.
- Repeat twice on each side.



## 3. CORE TWIST

- Stand with your feet shoulder-width apart and arms out to the side.
- Turn your head to look at one hand and slowly twist your spine to watch your hand go behind you.
- Relax and slowly return to centre.
- Repeat twice on each side.



## 4. CROSSOVER

- Stand with your feet shoulder-width apart.
  - Raise your hands (a).
  - Bring your right elbow across your body while lifting your left knee (b).
  - Touch elbow to knee, remaining upright and repeat, alternating sides for 15 seconds.
- Use caution if you have a balance disorder.*



## 5. TRAP OPENERS

- Breathe deeply and calmly and relax your stomach muscles.
- Let your head hang loosely forward and gently roll from side-to-side (a).
- Bring your hands up to your neck and gently massage the back of your head and neck (b).
- Drop your arms to your sides, relax your shoulders and slowly roll them backwards and forwards for 15 seconds (c).

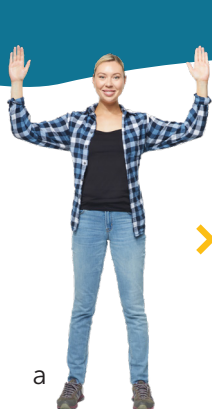


## 6. FULL REACH

- Gently sweep your arms out to the side and up over your head.
- Touch your hands together and draw your shoulder blades together.
- Slowly sweep your arms back out to your sides while breathing in and out.
- Repeat three times.

Studies have shown that stretching as little as three times a week can have positive, pain-relieving benefits.

The full Straighten Up Alberta program, offered by Alberta's chiropractors and designed to increase postural awareness and improve spinal health, is available at [StraightenUpAlberta.com](http://StraightenUpAlberta.com).



### 7. BENDING CIRCLES

- Standing with your hands up, rotate your shoulders backwards making small circles in the air (a).
- Bend from side-to-side and keep rotating your shoulders for ten seconds (b).



### 8. SHOULDER PULL

- Place your hands behind your head and draw your elbows back.
- Gently press your head into your hands. Count to two and release.
- Repeat three times, then massage the back of your neck and head.



### 9. LUNGE

- Stand in the Straighten Up pose.
- Take a step forward with one leg, bending slowly at the knees.
- Allow the heel of your back foot to lift from the floor (only bend far enough to line your knee up with your ankle).
- Balance for 20 seconds and repeat on the opposite side.



### 10. TWIST AND SWAY

- Standing with your feet wider than shoulder width apart, gently rotate your core from side-to-side.
- Let your arms flop loosely and shift your weight from knee-to-knee, breathing calmly for 15 seconds.



### 11. SIDE STRETCH

- Point your left foot and take a step out to the left.
  - Bending your left knee, side bend at the waist to the left.
  - Place your left elbow on your knee\* and extend your right arm above your head.
  - Hold for ten seconds and repeat on the opposite side.
- \*Older adults should place their hand on their knee.*



### 12. SHAKE IT OUT

- Shake limbs loosely for 15 seconds on each side.

Doctors of Chiropractic diagnose, treat, and help prevent musculoskeletal (bones, muscles, cartilage, tendons, joints, and connective tissues) conditions and disorders and the effect they have on the nervous system.

Chiropractors are trained to assist people of all ages to help relieve pain and discomfort and restore range of motion. They also counsel patients regarding nutrition, lifestyle, and exercise.



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