

## Drill 1: Thoracic Extension

Improves upper back mobility and improves posture.



- 1 Place your hands behind your neck and lengthen your spine.
- 2 Keeping your feet planted, inhale and stretch your upper back over the back of the chair.
- 3 Exhale and return to tall sitting posture.
- 4 Repeat 5-6 times.

## Drill 2: Pelvic Tilt

Increases lower back mobility, activates pelvic floor & supports lower back vertebrae.



- 1 Sit with your pelvis at the back of your chair.
- 2 Inhale and lengthen your spine.
- 3 Exhale, tilt your pelvis & press your waistband to chairback.
- 4 Feel a stretch in the low back. Avoid collapse of upper back.
- 5 Repeat 5-6 times.

## Drill 3: Chest Stretch

Promotes good posture, stretches pectoral muscles to protect upper back vertebrae & improve shoulder function.



- 1 Hold the backrest of the chair.
- 2 Roll your shoulders down & back.
- 3 Draw your shoulder blades together.
- 4 Lean forward, open the collar bones & stretch the front of your chest.
- 5 Breathe deeply 5-6 times.

## Drill 4: Hip Stretch

Increases hip mobility & relieves lower back tension



- 1 Sit with L buttock off the edge of a chair.
- 2 Send L leg back with L knee pointed down & the heel directly over the ball of the foot.
- 3 Reach the leg back until you feel a stretch in the front of the L hip.
- 4 Keep the low belly drawn in to avoid arching the low back.