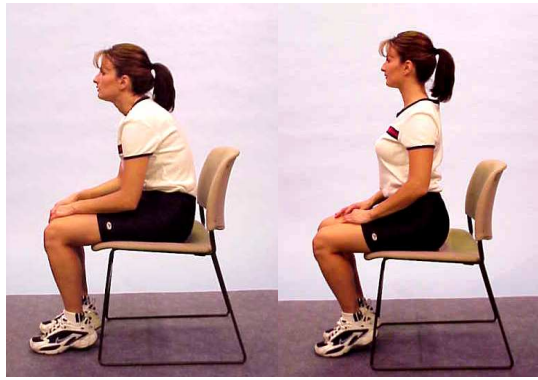
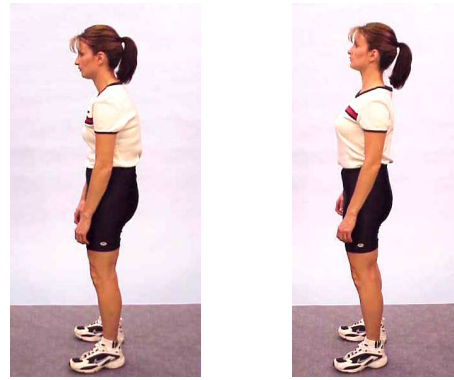


Thoracic-Lumbar Spine Exercise and Posture Correction Program



Incorrect sitting Posture

Correct Sitting Posture

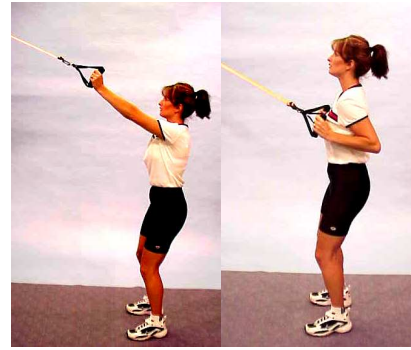


Incorrect Standing Posture

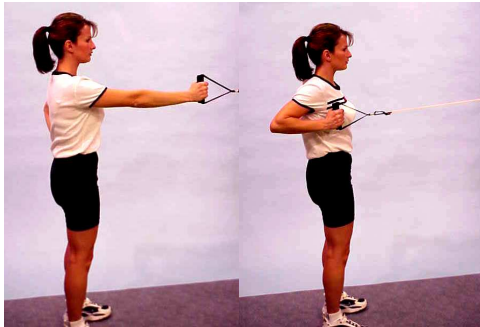
Correct Standing Posture



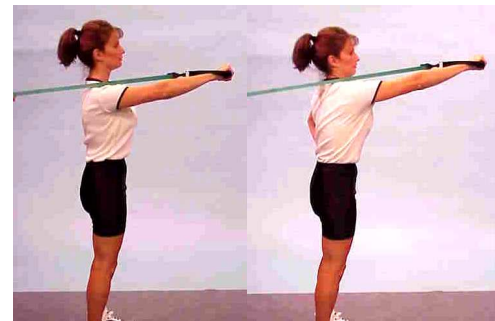
Upright Row: Fixation around forefoot. Hold handle with both hands, palms facing backward. Lift upward, bending elbows throughout lift.



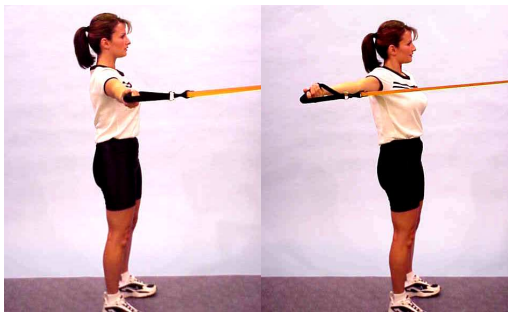
Lat Pull: Attach in top of door, use 2 handles. Pull arms straight back and squeeze shoulder blades together.



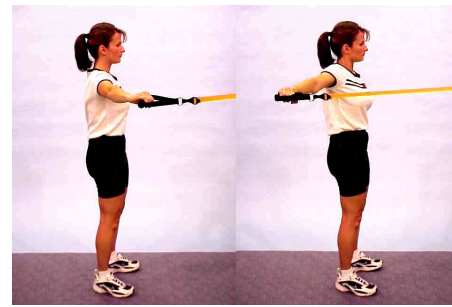
Standing Row - Fixation - chest level. Pull arm straight back and squeeze shoulder blade towards spine. * Keep body still



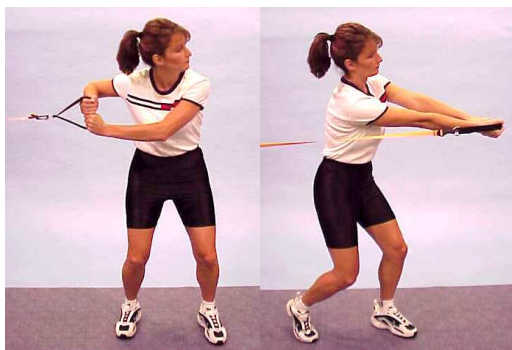
Serratus Punch: Lock elbow straight, then reach forward keeping elbow straight and moving shoulder blade forward.



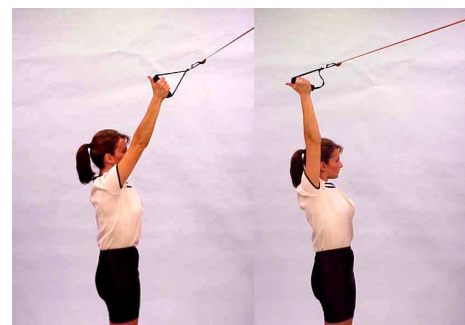
Rhomboid ex- Fixation shoulder level. Point thumb **backward** and move hand directly backward keeping elbow straight.



Middle Trapezius ex- Fixation shoulder level. Point thumb **forward** and move hand directly backward keeping elbow straight.



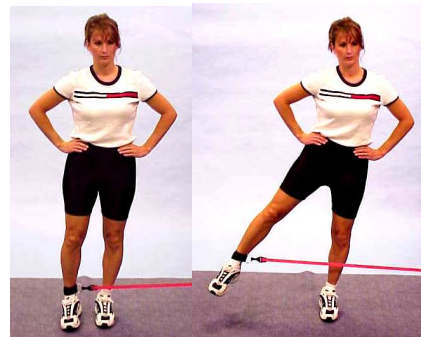
Trunk Rotation- (stabilization)- Fixation at chest level - Grasp handle with both hands and rotate trunk and hips. Similar to swinging a bat.



Lower Trapezius ex- Fixation top of door level. Point thumb backward with shoulder overhead and move hand directly backward keeping elbow straight.



Trunk Down Rotation- (stabilization)- Fixation at top of door level - Grasp handle with both hands and rotate trunk and hips down and forward. Similar to swinging a golf club.



Hip Abduction: Fixation ankle height. Secure strap around ankle with D-ring on inside, then secure Duraband. Stand facing sideways to fixation exercising leg furthest from fixation. Lift leg out to the side. *Keep knee straight and don't lean away from exercise.

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