

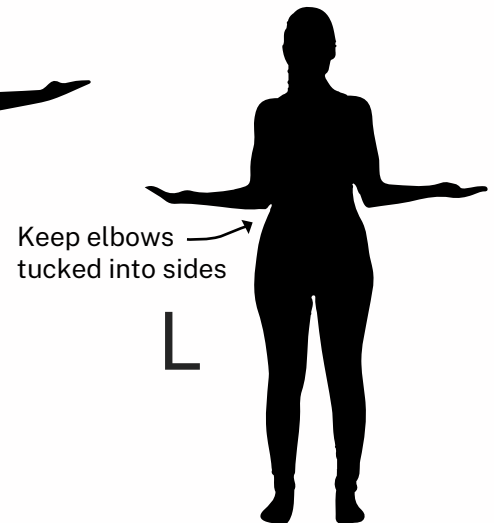
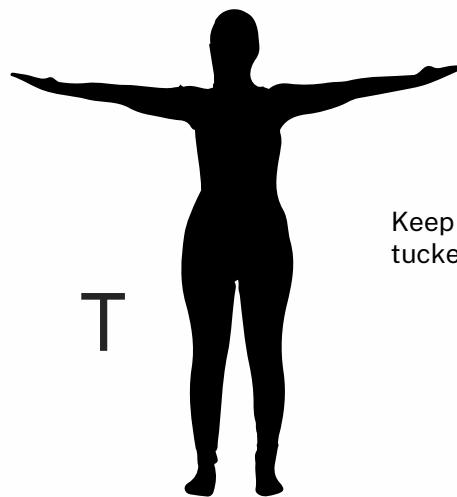
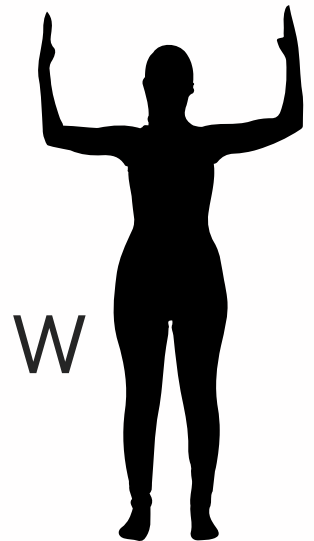
YWTL Postural Exercises

Do these exercises x daily

These exercises are the best postural work out we have found. They aim to combat slumping, rounded shoulders, forward head carriage and a weak back and abdomen – the main issues associated with poor posture. If you feel that the exercises are aggravating your symptoms then stop immediately. Do not carry out these exercises unless recommended by a Chiropractor.

The progression of this exercise should be Y-W-T, then L.

- Start in the "Y" position with your thumbs pointing backward. Compress your shoulder blades together as much as possible. Hold for 30 seconds.
- As you drop your arms to the "W" position, keep your shoulder blades compressed and thumbs pointing backward. Hold for 30 seconds.
- As you drop your arms to the "T" position, keep your shoulder blades compressed and thumbs pointing backward. Hold for 30 seconds.
- As you drop your arms to the "L" position, keep your shoulder blades compressed and thumbs pointing backward. Hold for 30 seconds.



These exercises can be performed in the morning and evening.

Tip: Write Y-W-T-L on your bathroom mirror and perform this exercise after you brush your teeth every day!