



Comprehensive Therapy Services

### Exercises to maintain good posture in sitting: 5-10 reps each

- Chin Tucks – bring level chin back over the sternum
- Shoulder blade squeeze – pinch both back/down
- Shoulder Square (forward, up, back, down)
- Anterior Chest stretch – hands behind back, roll shoulders down/back
- Reach both hands up – stretch to each side
- Bent-over rows (with/without weights) – keep elbows at your side
- Flex forward/sway to each side, then roll the spine up to sitting
- Cat/Cow – Anterior/Posterior Pelvic Tilt
- Bear Hug
- X & Y – reach up/out, then down/cross between the feet – deep breathing
- Hip flexion/Marching with single leg/double leg
- Knee extension/kick leg out straight with toes pointing up (single/double)
- Ankle pumps (double) with knees straight
- Squats from chair height
- Squats with raised arms/tight abs

1049 North Edge Trail  
Verona, WI 53593  
608-845-2100 phone  
608-845-2101 fax  
www.stellarrehab.com  
info@stellarrehab.com

505 Commerce Drive  
Madison, WI 53719  
608-821-0256 phone  
608-821-0593 fax  
www.stellarrehab.com  
info@stellarrehab.com