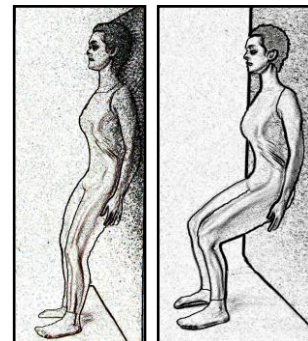


WALL – STANDING EXERCISES

- *CORRECT POSTURE:** Flatten stomach, keep shoulders squared back!
***Keep feet straight ahead with knees rotated outward over 2nd toe or shoe points!**
***Keep buttocks, shoulders against the wall! Chin in, looking straight ahead!**

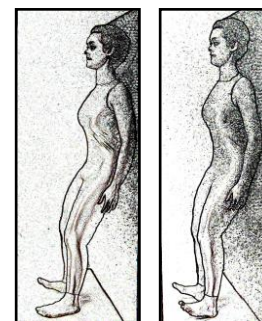
1. **Wall Slide/ Wall Sit -Purpose: strengthen muscles and posture of legs, stomach, and back; strengthen leg bones.**

- “Sit” against wall, feet about ½ to 1 shoe length from wall
- Slowly slide up and down the wall keeping stomach, back and leg posture correct
- Work up to 30 seconds sit and hold
- Repeat _____ times



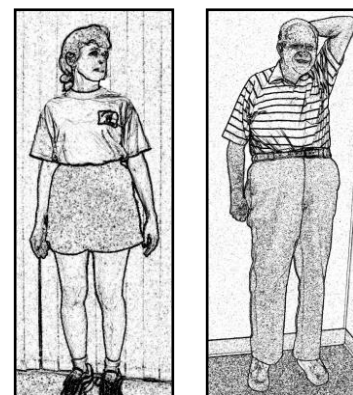
2. **Heel-standing Toe Lift Toe –Purpose: strengthen ankle and stomach muscles, improve balance.**

- Keeping stomach tight, press heel into floor and lift the front of the foot (toe half). Go back and forth between left and right lifts. Hold each for 3-10 seconds.
- Lift both feet at the same for 3-10 seconds.
- Repeat _____ times



3. **Neck Stretch -Purpose: Healthy neck mobility, strong postural muscles.**

- With head, stomach, back and leg posture correct, heels a comfortable distance from wall, SLOWLY turn head to left, then right 3 times only.
- With head, stomach, back and leg posture correct, heels a comfortable distance from wall, SLOWLY side-bend head to left, then right 3 times only.
- Use your hand to increase end range motion for _____ seconds.
- Repeat _____ times



4. **“Angel” Strength and Stretch –Purpose: Healthy shoulder strength and mobility, strong upper back.**

- Start with arms at side, thumbs outward
- Keeping chin in, with shoulders and back against the wall, slowly lift arms out to the side and up overhead.
- Keep back of fingers touching the wall the whole time!
- Repeat _____ times

