

POSTURE EXERCISES

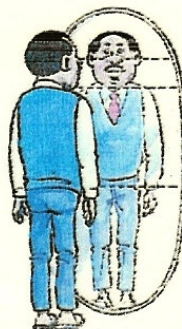
These posture exercises help you build the strength and flexibility you need to maintain your spine's three natural curves. Start with your spine aligned by doing the wall test and mirror test. That way you'll get the most benefit from these exercises for your cervical curve, thoracic curve, and lumbar curve. You can

Start With Your Spine Aligned



The Wall Test

It's best to start the exercises with your spine's three natural curves in their normal alignment. Stand with your heels, buttocks, middle back, and head against a wall. One or both hands should fit flat in your lumbar curve, between the wall and your lower back.



The Mirror Test

Right after you do the wall test, take a good look at yourself in a full-length mirror. Your ears, shoulders, and hips should be level.

FOR YOUR CERVICAL CURVE

Neck Glide

To strengthen the muscles of your neck, simply glide your head straight back. Keep your nose level with your ears. You're doing this exercise right if it gives you the feeling of a double chin. Hold for 20 counts and repeat 5-10 times.



Neck Stretch

To stretch your neck muscles, tilt your head to one side, putting your ear right over your shoulder. Relax and let gravity pull your head down to stretch your neck. Hold for 20 counts, and do the other side. Repeat 5-10 times on each side.



FOR YOUR THORACIC CURVE

Corner Press

To strengthen your middle back muscles, stand in a corner with one hand on each wall, shoulder-width apart and at shoulder height. Slowly lower yourself toward the wall. Hold for 20 counts, press back up, and repeat 5-10 times.



Middle Back Stretch

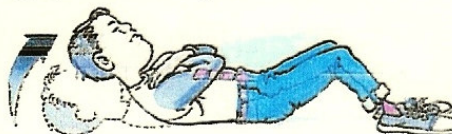
To stretch your middle back muscles, bend both elbows at your side. Press one arm above and the other behind as far as you can. Hold for 20 counts, release, and put the other arm overhead. Repeat 5-10 times on each side.



FOR YOUR LUMBAR CURVE

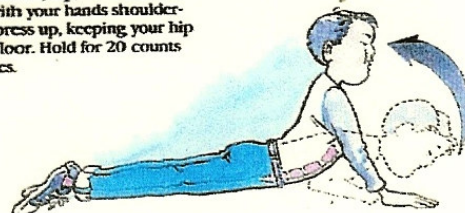
Partial Sit-Ups

To strengthen your abdominal muscles (which keep your lower back aligned), lie on the floor with bent knees. Cross your arms on your chest and lift your shoulders off the ground. Hold for 20 counts and repeat 5-10 times.



Press-Up

To stretch your abdominal, hip, and chest muscles, lie face down with your hands shoulder-width apart. Gently press up, keeping your hip bones touching the floor. Hold for 20 counts and repeat 5-10 times.

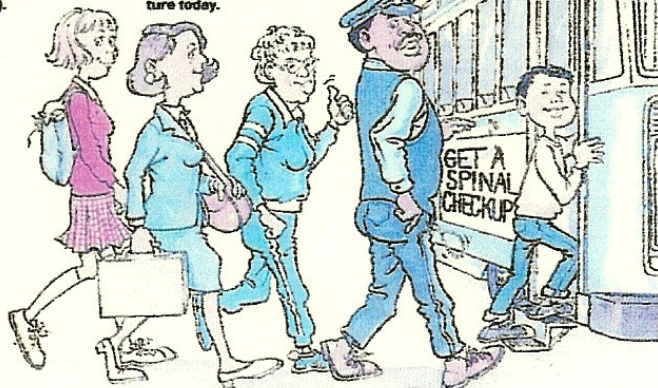


POSTURE TIPS TO LOOK AND FEEL GOOD

Your posture really does make a difference in how you look and feel. Good posture boosts your self-confidence and energy. You project a more positive, healthy self-image. You look taller and your clothes "hang" better. You can prevent all sorts of nagging aches and pains. So along with using good posture throughout the day, try these tips to look and feel your best.

Balance the load. When carrying things, put equal weight on both sides of your body (such as using both knapsack straps).

It's never too late. Whatever your age, you can look taller and straighter, as long as you start using good posture today.



Wear low shoes. High heels strain your lower back, so try to wear low shoes (with good arch supports) whenever you can.

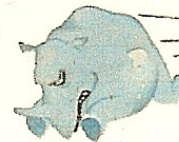
Control your weight. A pot-belly tugs and pulls on your lower back, so stay trim by eating right and exercising regularly.

Bring in for a free consultation
& let our staff at
Schuler Chiropractic
take charge of your pain.

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BACKPACK SAFETY

Call to set up a time so you or your child can receive the following services:

Take a short (written) backpack safety awareness evaluation.

Weigh child and weigh backpack and determine current weight ratio.

Take a digital picture of child wearing backpack as they usually do. Make adjustments to the backpack and take another picture of ergonomically correct backpack. Explain the changes.

Show a short video on backpack safety.

Schedule a backpack safety presentation for your organization, school and etc. Call for more details

(502)494-5785
You have the right to rescind within 12 hrs. any obligation to pay for services the same day, in addition to discontinued services