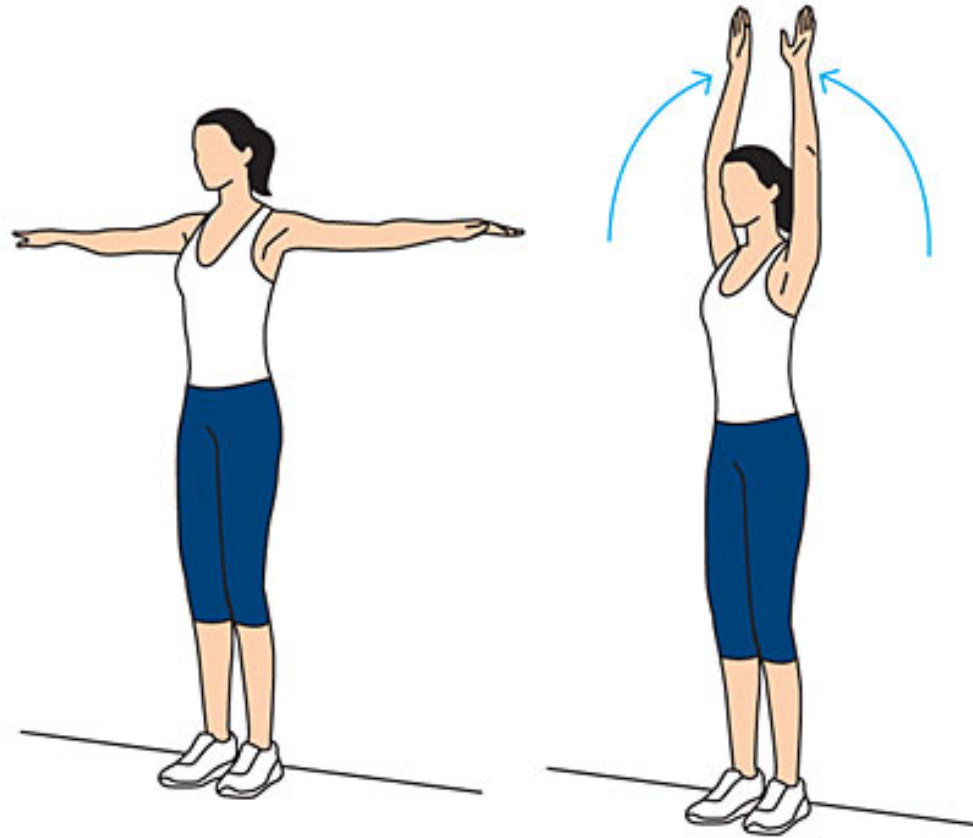


Posture Exercises from PT presentation

Sara Corbett, PT, DPT

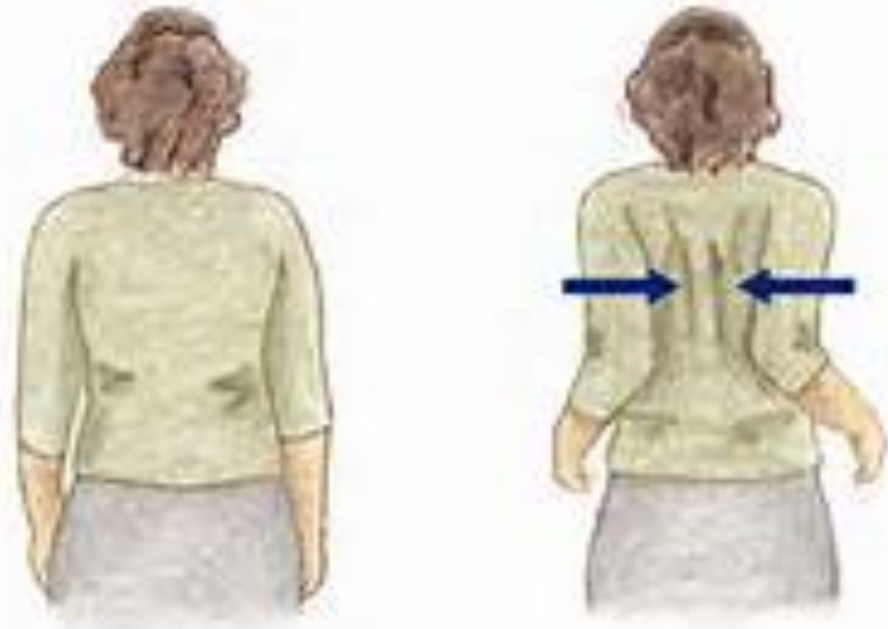
Exercise!

Wall Angel



Exercise!

Scapular Squeeze



Exercise!

Chin Tucks



Exercise!

Bridge



Exercise!

Hamstring Stretch



Exercise!

Trunk Twist



Exercise!

Side Reach

