



## TPW 's Elbows Menu

#	Sets	Reps	Duration	E-cise
1	1	1	00:03:00	Gravity Drop
2	1	1	00:02:00	Static Extension Position
3	1	40		Standing Arm Circles
4	1	1	00:01:00	Standing Wall Clock
5	1	1	00:15:00	Supine Groin Stretch

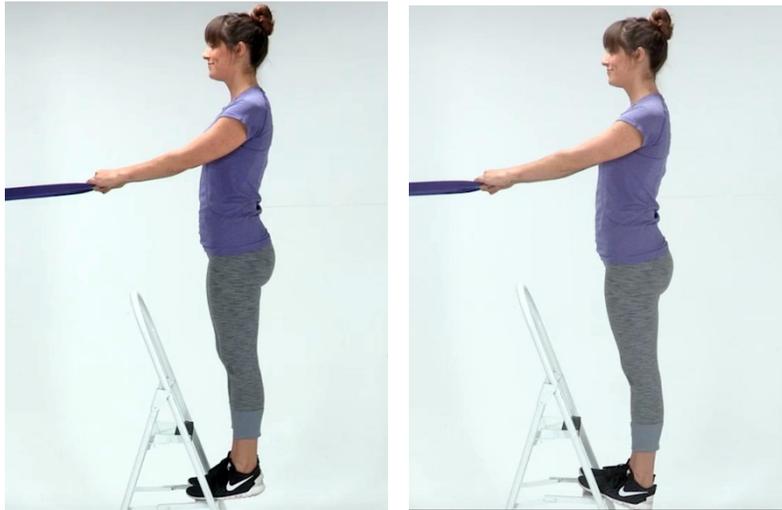
### Instructions:

Total time: 50 minutes.

Times a day: Once in the morning.

# THE POSTURE workout

## 1. Gravity Drop



Hold this E-cise for 03 min.

### Instructions:

1. Wearing rubber soled shoes for traction (tennis shoes, etc.) stand on a step or stairway as though you were climbing upward.
  - Keep your feet parallel, and hip width apart.
  - Hold onto a railing or other object for support.
2. Edge your feet backward until your heels are off the stairs and you are hanging onto the stair with the balls of your feet.
  - Make sure your feet remain pointed straight ahead.
3. Let the weight of your body drop your heels off the stair.
  - You will feel a significant stretch in your lower legs.
4. Hold as directed on your menu.

### Notes:

- The key is to keep your hips over your heels and your shoulders in line with your hips.
- Keep your weight back on your heels, so that you have to hold on to something to stay upright.

### Fun Facts:

- As the calf stretches you may feel one more than the other, what you are feeling is the rotation your body is exhibiting. As the rotation is removed you will start to feel the stretch equal on both sides.

# THE POSTURE workout

## 2. Static Extension Position



Hold this E-cise for 02 min.

### Instructions:

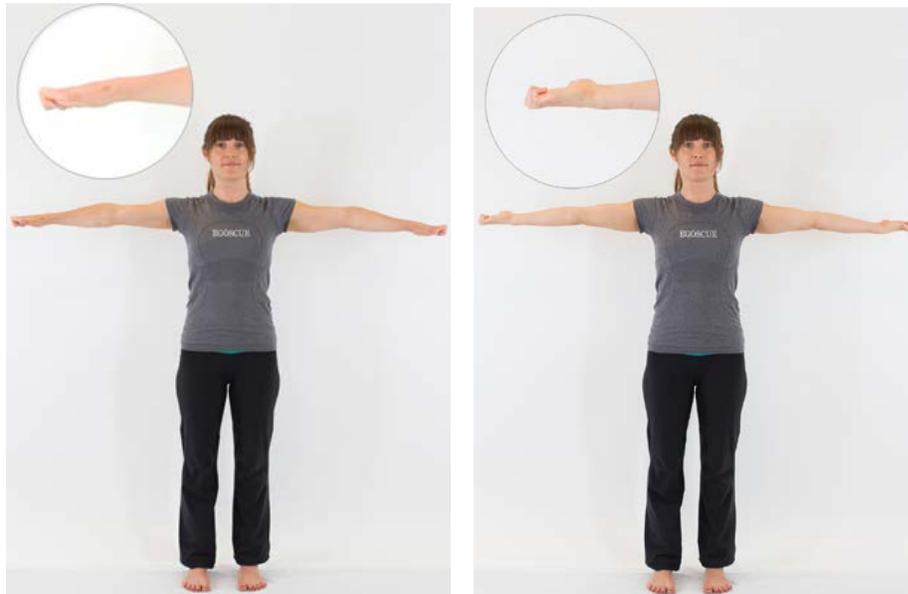
1. Start down on the floor on your hands and knees with your major joints aligned (i.e. shoulders directly above elbows and wrists, hips directly above knees).
  - Hands should be placed shoulder width apart, palms flat with fingers pointed straight ahead.
  - Arms must remain straight, elbows locked.
2. Walk your hands 4-6 inches forward and then move your upper body forward so that your shoulders are again above your wrist but now your hips are forward of your knees 4-6 inches.
3. Relax your low back allowing it to arch with the movement coming from the tilt of your pelvis.
4. Collapse your shoulder blades together and drop your head down.
  - Your shoulders should be directly above your wrist.
  - If your low back begins to hurt, back your hips up toward your knees; this will make the exercise a bit easier.
5. Hold as directed on your menu.

### Fun Facts:

- This exercise promotes lumbar and thoracic extension through bilateral hip demand.

# POSTURE workout

## 3. Standing Arm Circles



Repeat this E-cise 40 times.

### Instructions:

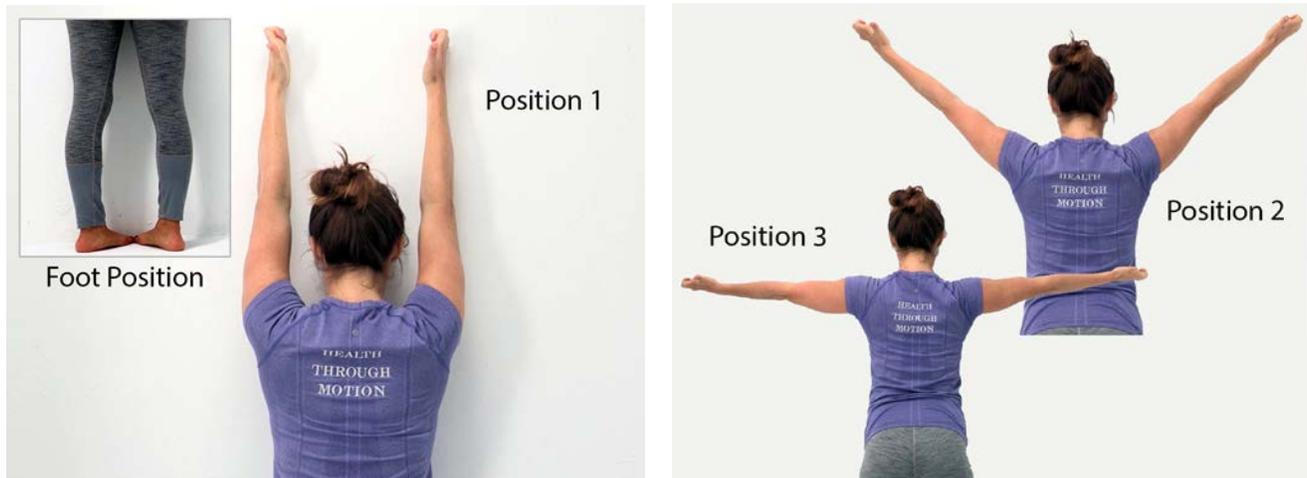
1. Stand with your feet pointed straight and hip-width apart.
2. Place your fingertips into the pad of each hand and point your thumbs straight out.
3. This is referred to as golfers' grip and maintaining this hand position is important for the exercise to be done correctly.
4. Pull your shoulders back by squeezing your shoulder blades together and down, then bring your arms out straight from your sides up to shoulder level.
5. With palms facing down and thumbs pointing straight forward rotate your hands up and forward in approx. 6-inch circles and continue as directed.
6. Then reverse direction: palms should now face up, with thumbs pointed straight backward. Rotate your hands up and backward, continue as directed.

### Fun Facts:

- This exercise promotes bilateral lumbar function through thoracic stabilization.

# POSTURE workout

## 4. Standing Wall Clock



Hold this E-cise for 01 min.

### Instructions:

1. Stand facing a wall with toes pointed inward (pigeon-toed) and your forehead against the wall.
2. Position 1: Raise your arms directly overhead.
  - Relax your stomach to allow your hips to tilt forward.
  - Make a golfer's grip with your hands (fingers curled toward the palm, thumbs out).
  - Rotate your thumbs/arms outward from the shoulder (moving the back of your hand toward the wall).
  - Hold for 1 minute (or as directed on your menu).
3. Position 2: Move your hands down to 45 degrees.
  - Repeat the outward rotation with your arms from the shoulders.
  - Hold for 1 minute (or as directed on your menu).
4. Position 3: Move your arms down to 90 degrees (straight out from your shoulders, parallel to floor).
  - Repeat the outward rotation with your arms from the shoulders.
  - Hold for 1 minute (or as directed on your menu).
5. Repeat the entire sequence as directed on your menu.

### Fun Facts:

- This exercise promotes extension throughout the body with proper alignment of the load joints.

# POSTURE workout

## 5. Supine Groin Stretch



Hold for 15 min per leg.

### Instructions:

1. Lie on your back in the supine groin position with one leg straight on the floor and the other leg on a block or a chair with the knee bent at 90 degrees.
2. The down leg should be propped up on the outside with a heavy object. Be sure the prop is heavy enough to hold the foot from falling outward. You should relax your legs and feet in this position. Keeping the down foot propped up, so it is pointed straight up and not falling out at an angle, is essential to allow a release of the hip flexor muscles.
3. Your arms should be out to your sides at 45 degrees with palms facing up, upper body relaxed.
4. You will not feel a “stretch” necessarily while in this position. Instead you will begin to feel your back and hips settle into the floor.
5. A way you can test your progress while in this position is to perform the thigh test. Tighten the thigh of the straight leg for a few seconds. Relax for a second and then tighten the thigh again for a few seconds. Notice where the tightest part of the contraction is. At the beginning, you will probably feel the contraction just above the knee.
6. Retest every 5 minutes until the contraction moves up your thigh, above half way, and then closer to your hip. This indicates that your quads are releasing, and so are your hip flexors!
7. After the recommended time has passed, when you feel your low back flat to the floor or the quad test indicates that the quad contraction is near your hip, switch sides and repeat.
8. To view a video demonstration of Supine Groin Stretch go to: <https://youtu.be/hINNL9oUnrM>.

### Fun Facts:

- Sitting for extended periods throughout the day causes a number of negative side effects to our posture, including loss of our designed spinal curves and short and tight groin muscles. This E-cise helps to reverse the negative effects caused from sitting all day.