



TPW 's Neck Menu

#	Sets	Reps	Duration	E-cise
1	1	1	00:10:00	Static Back
2	1	1	0:02:00	Static Extension Position
3	1	1	0:04:00	Static Wall
4	1	1	00:03:00	Sitting Floor
5	1	1	0:02:00	Frog

Instructions:

Total time: 25 minutes.

Times a day: Once in the morning.

THE POSTURE workout

1. Static Back



Hold this E-cise for 10 min.

Instructions:

1. Lie on your back with your legs up over a block or chair so your hips and knees are at 90 degrees.
2. Place your arms out to the sides at 45 degrees from your body with palms up.
3. Relax your upper back and notice if your low back flattens to the floor evenly from left to right.
4. Hold this position as directed on your menu.

Fun Facts:

- Doesn't this feel good? Lying on your back and elevating your legs to 90 degrees allows gravity to do its job of removing rotation and/or asymmetry in your body. If you feel like one shoulder or one side of your pelvis is pushing into the ground more than the other, this is asymmetry showing up!

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.

THE POSTURE workout

3. Static Wall



Hold this E-cise for 04 min.

Instructions:

1. Lie on your back with your legs pointed straight up and against the wall, upper body relaxed with arms out to sides at about 45 degrees and palms facing up feet should be hip width apart.
- When getting into this position, get your hips as close as possible to the wall, so once you are in position your butt is also as close as possible to the wall.
2. If your hips are lifting off the floor then scoot your butt back until you are able to place your hips flat. As you get more functional, your hips will sit closer to the wall and be flat on the floor at the same time.
3. In this position tighten your thighs and pull ALL of your toes down and back evenly towards your face.
4. Your feet must be pointed straight(parallel) for your hips to properly do the needed work to stabilize your spine.
5. Hold as directed on your menu.
6. Be sure to keep your toes pulled back and thighs tight.

Fun Facts:

- This exercise promotes thoracic extension while limiting the rotation ability of the lower load joints.

THE POSTURE workout

4. Sitting Floor



Hold this E-cise for 03 min.

Instructions:

1. Sit against a wall with your legs straight out in front of you.
 - Your buttocks and upper back should be against the wall the entire time.
2. Squeeze your shoulder blades together and hold.
 - Do not lift the shoulders; only squeeze them back and down.
3. Tighten the thighs and flex the feet back so that your toes are pointing back toward you.
4. The keys are to keep your blades pulled together, your thighs tight and your feet flexed back.
5. Hold as directed on your menu.

Fun Facts:

- This exercise promotes thoracic extension while limiting the rotation ability of the lower load joints.

POSTURE workout

5. Frog



Hold this E-cise for 02 min.

Instructions:

1. Lie on your back with your arms at your side, palms up, and hands relaxed.
2. Place the soles of your feet together.
3. Center your feet along the mid-line of your body and let your knees relax down to the sides.
4. Relax.
 - Do not press your knees/ legs to the ground. Just let gravity pull them down.
 - You should feel a stretch along the inner thigh.
5. Hold the position as directed on your menu.

Notes:

- The lower back position may change during the E-cise due to the changing hip position, this is perfectly alright.

Fun Facts:

- This is a great E-cise to see if your hips are moving differently! If you look down at your knees during this E-cise and one knee is sitting higher than the other, this is an indicator that your hips are not functioning the same.