



TPW 's Shoulders Menu

#	Sets	Reps	Duration	E-cise
1	3	20		Sitting Knee Pillow Squeezes
2	1	1	00:8:00	Wall Drop w/ Pillow
3	3	20		Standing Gluteal Contractions
4	3	10		Standing Scapular Contractions
5	1	1	0:04:00	Static Wall

Instructions:

Total time: 20 minutes.

Times a day: Once in the morning.

Note that exercises three and four (Standing Gluteal Contractions and Standing Scapular Contractions) are intended to be performed while you are in the Wall Drop position.

POSTURE workout

1. Sitting Knee Pillow Squeezes



Do 3 sets. Each set consisting of 20 repetitions.

Instructions:

1. Sit in the middle of a chair with your feet pointed straight ahead, 4-6 inches apart.
2. Place a pillow between your knees.
3. Roll your hips forward to place an arch in your low back and hold this position throughout the E-cise.
4. Squeeze and release the pillow with your knees.
5. Repeat as directed on your menu.

Fun Facts:

- This E-cise introduces the body to the functional sitting position versus the average slumped forward sitting position our bodies become accustomed to.

THE POSTURE workout

2. Wall Drop w/ Pillow



Hold this E-cise for 08 min.

Instructions:

1. Stand on a slantboard (or a step-ladder will do), feet pointed straight and hip width apart, with your head, shoulders, butt, and heels against the wall.
2. Hold a small block or pillow between your knees; do NOT squeeze the pillow.
 - Let your arms hang down at your sides.
 - Relax your stomach and upper body.
 - Do not allow your knees to bend.
 - You will feel a stretch in your calf/lower leg muscles.
3. Hold as directed on your menu.

POSTURE workout

3. Standing Gluteal Contractions



Do 3 sets. Each set consisting of 20 repetitions.

Instructions:

1. Stand with your feet pointed straight and hip width apart.
2. Squeeze and release your buttocks muscles.
 - Do not contract your stomach muscles nor your thigh muscles; they should be relaxed.
 - If it seems too difficult, point your feet outward 45 degrees for the first set and then straighten your feet up for subsequent sets.
3. Repeat as directed on your menu.

Fun Facts:

- This exercise promotes proper weight distribution in a standing position.

POSTURE workout

4. Standing Scapular Contractions



Do 3 sets. Each set consisting of 10 repetitions.

Instructions:

1. Stand with your feet pointing straight ahead and hip width apart.
2. Squeeze and release your shoulder blades together.
 - Back and down, NOT up and down.
3. Repeat as directed on your menu.

Fun Facts:

- This exercise promotes proper scapular position and thoracic extension.

THE POSTURE workout

5. 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.
 - 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.
2. In this position tighten your thighs and pull ALL of your toes down and back evenly towards your face.
 - Your feet must be pointed straight(parallel) for your hips to properly do the needed work to stabilize your spine.
3. Hold as directed on your menu.
 - 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.