

## Posture board exercises

1. Standing with feet parallel keeping balance and central alignment – increase gradually (remember soft knees)
2. Standing with feet parallel keeping balance and central alignment:
  - Pull in abdominals then release and repeat
  - Pull in gluteal muscles then release and repeat
  - Pull in both gluteal and abdominals at the same time and repeat
  - Standing pelvic tilt – centre/forward/back and return to centre and repeat
  - Head, shoulder, neck exercises
  - Lateral stretch
  - Don't shoots followed by traffic warden
  - Oblique stretch
3. Alternative knee raise, then hold one knee up for as long as you can and repeat on the other side.
4. Alternative leg lift centre, then hold one knee up for as long as you can and repeat on the other side.
5. Alternative leg lift side, and then holds one knee up for as long as you can and repeat on the other side.
6. Alternative leg lift behind, and then holds one knee up for as long as you can and repeat on the other side.
7. Hip circumduction and turn out repeat on both sides
8. Plié' feet turned out and hold then return to centre
9. Soft knee's, feet parallel and lift the heels away from the board, bring in arms 1)by waist 2) shoulder height 3) arms raised above head