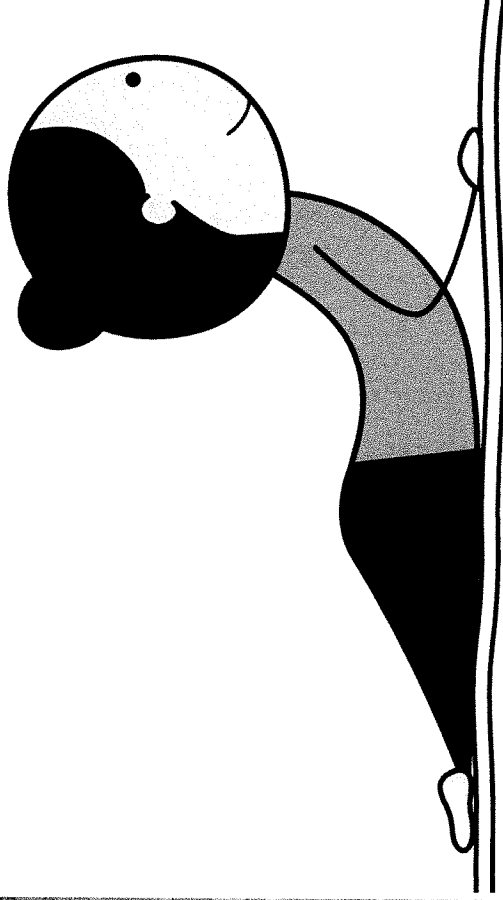


Cobra Pose



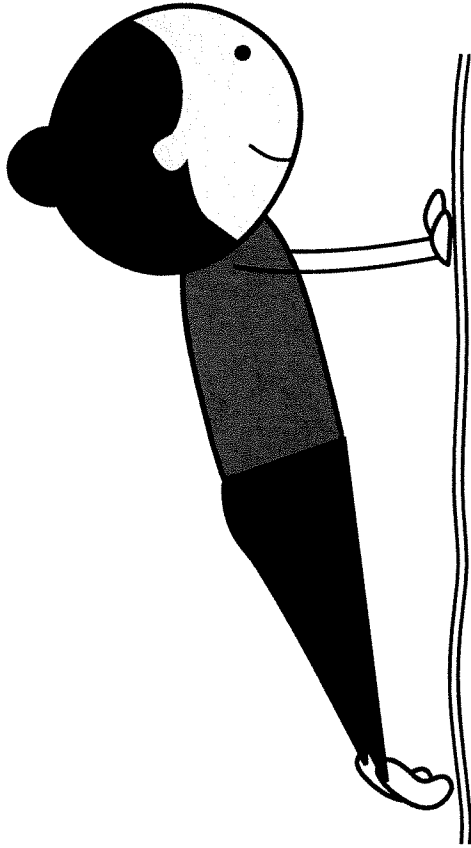
Cobra Pose

Purpose: Improves flexibility in the chest and spine. Aids in relaxation and decreases postural fatigue. Strengthens the neck, shoulders, spine and hips.

Directions:

1. Lie flat on the belly with the legs straight out and together. Tighten the thighs and press the top of the feet into the ground. Put the hands, palms down under the shoulders blades. Pull the shoulder blades together and down the back.
2. Breathe in, pressing the hands into the ground and slowly lift the heart by raising the head, chest and shoulders off the floor. Keep the leg muscles tight.
3. The eyes should focus down and out to help keep the neck straight. Gently straighten the arms, lifting the spine within your comfort range.
4. Take several deep breaths while maintaining the cobra pose.
5. Breathe out and gently lower the forehead back to the floor, turn the head and relax for several deep breaths.

Plank Pose



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Plank Pose

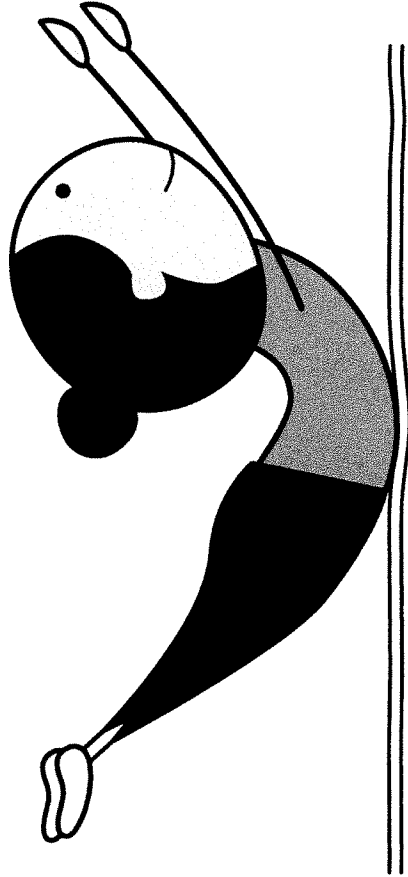
Purpose: Increases strength in the shoulders, hands, hips, legs and core muscles. Excellent position to improve overall body strength.

Directions:

1. Start in downward dog pose or belly on the floor.
2. Breathe in and move into a position of the shoulders over the wrists, elbows straight, back flat and legs straight back.
3. Spread the shoulder blades apart, tighten the thighs and lengthen the spine towards the heels.
4. Stretch the head away from the neck and look straight down to the floor.
5. Take several deep breaths in the plank position.

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Superman



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Superman

Purpose: Increases muscle strength in the neck, shoulders, back and hips.

Directions:

1. Start on the belly on the floor with the legs straight back and top of toes touching the floor. The chin is resting on the floor. Arms are resting on the floor overhead.
2. Breathe in and lift the head, chest, arms and legs off the floor. Keep the arms and legs as straight as possible.
3. Stretch the arms and legs away from the torso.
4. Hold this position taking deep breaths in and out. If able, hold the superman pose for 30 seconds.
5. Breathe out and slowly lower the chest, arms and legs.

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