

POSTURE TRAINING

CHIN NOD



Start with back of head and spine against corner of wall.



- Nod your chin down about 15 degrees
- The back of your head should remain in contact with the wall
- Your eyes should remain level-imagine a string at the top of your head pulling up
- Your tongue should be in the “no” or “never position”
- Refer to exercise on the **Rest position of the mandible**
- This exercise will help promote good **Spinal-Head-Jaw and tongue posture training**
- Do 10 reps x 5 secs each
- 5 times a day



WE MAKE PHYSICAL IMPROVEMENTS IN THE LIVES OF EVERYONE WE TOUCH

Visit us at www.FreedomPT.com

6908 N. Santa Monica Blvd.
Fox Point, WI 53217
(414) 352-2082

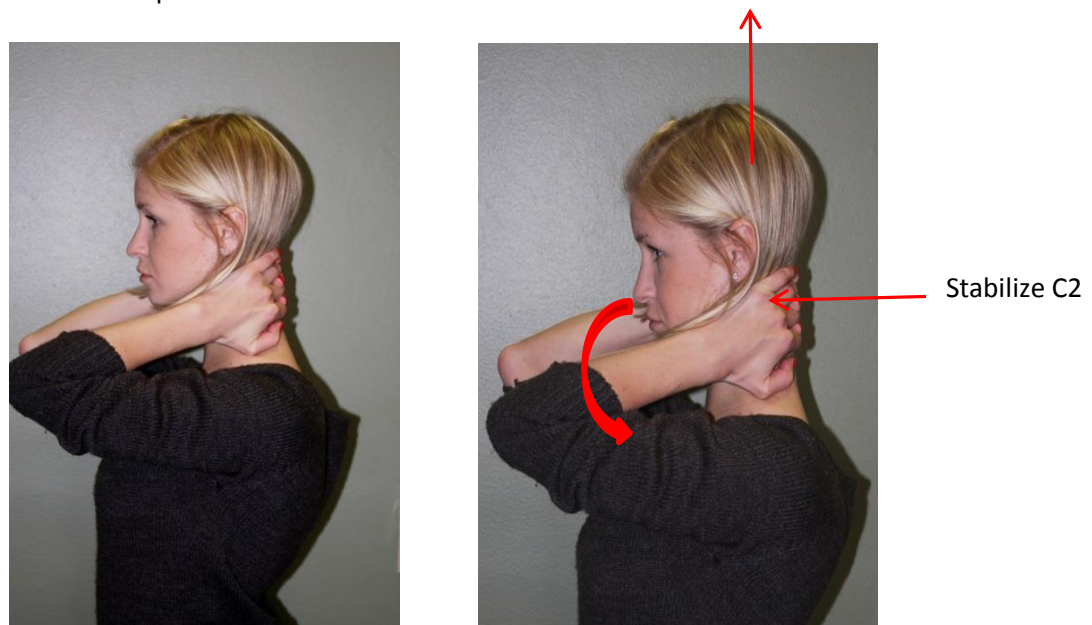
1235 Dakota Dr., Suite L
Grafton, WI 53024
(262) 376-2085

14625 W. Capitol Dr., Suite 200
Brookfield, WI 53005
(262) 790-9800

111 Atkinson St., Suite 2
Mukwonago, WI 53149
(262) 363-3268

SUBOCCIPITAL DISTRACTION

This technique creates a distraction force on the upper cervical vertebrae and relieves mechanical compression by elongating the posterior and suboccipital cervical muscles. The patient can distract their craniovertebral joints by holding both hands with fingers interlaced behind their neck to stabilize the C-2. to C-7 region. Then the patient nods their head forward six times while stabilizing the cervical spine in only 15 degrees of anterior cranial rotation. This controlled flexion relieves neurovascular compression in the upper cervical region. The application of this technique distracts the occiput from the atlas to counteract the dysfunctional effect of extension of the cervical spine produced by a forward head posture. The patient should recognize that this exercise does not include flexion of the neck but flexion of the head on the cervical spine.



Patient should perform 5 to 10 reps, holding for 5 secs each, 2x a day.



WE MAKE PHYSICAL IMPROVEMENTS IN THE LIVES OF EVERYONE WE TOUCH

Visit us at www.FreedomPT.com

6908 N. Santa Monica Blvd.
 Fox Point, WI 53217
 (414) 352-2082

1235 Dakota Dr., Suite L
 Grafton, WI 53024
 (262) 376-2085

14625 W. Capitol Dr., Suite 200
 Brookfield, WI 53005
 (262) 790-9800

111 Atkinson St., Suite 2
 Mukwonago, WI 53149
 (262) 363-3268

FOAM ROLLER CHEST STRETCH



- Make arms are just above 90 degrees
- Elbows should be bent at 90 degrees
- Hold position for 3 minutes, increase time as tolerated
- Do exercise 1 to 2 times a day

* To enhance stretch nod chin down and pull your navel into your spine.



WE MAKE PHYSICAL IMPROVEMENTS IN THE LIVES OF EVERYONE WE TOUCH

Visit us at www.FreedomPT.com

6908 N. Santa Monica Blvd.
Fox Point, WI 53217
(414) 352-2082

1235 Dakota Dr., Suite L
Grafton, WI 53024
(262) 376-2085

14625 W. Capitol Dr., Suite 200
Brookfield, WI 53005
(262) 790-9800

111 Atkinson St., Suite 2
Mukwonago, WI 53149
(262) 363-3268