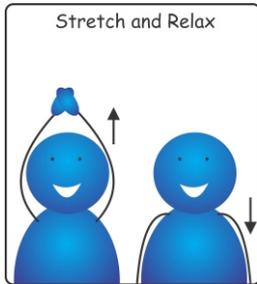


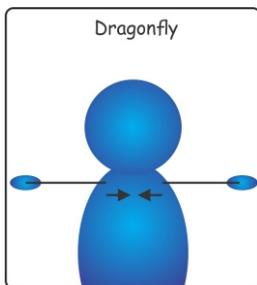
# 5 Postural Exercises Using a Classroom Chair



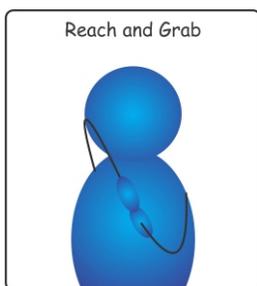
1. **Stretch and Relax:** Sit up tall in the chair with your feet on the floor. Raise both arms overhead, clasp hands and gently look up at your hands. Hold for 5 seconds. Slowly lower arms back to side, relax shoulders down and elongate neck holding for 5 seconds. Repeat 3 times.



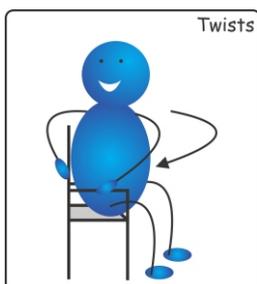
2. **Overhead Stretch:** Sit up tall in the chair with your feet on the floor. Raise your left arm overhead. Reach up with your right hand and grab your left wrist. Gently pull your left arm and bend your trunk slightly to your right. Hold for 10 seconds. Lower your hands and repeat with the right arm overhead, grabbing with the left hand, bending to the left and holding for 10 seconds.



3. **Dragonfly:** Sit up straight in the chair with your feet on the floor. Lift your arms up to shoulder height palms facing to the rear. Pinch your shoulder blades together pushing your arms backwards with elbows straight. Hold for 3 seconds. Return your arms to starting position at shoulders. Push back again holding for 3 seconds. Repeat 10 times.



4. **Reach and Grab:** Sit up tall in the chair with your feet flat on the floor. Reach left hand up and behind the back (palm facing your back). Reach the right arm down and around to the back (palm facing out). Try to clasp your fingers together and hold for 5 seconds. Relax arms and switch lifting right arm up and back and left arm down and back. Repeat 2 times. If you can not clasp the fingers together just reach the hands together.



5. **Twists:** Sit in the chair with your feet flat on the floor. Look over your right shoulder, reach your right hand behind the chair and your left hand to the right side of the chair. Hold this position for 10 seconds. Repeat to the left side and hold for 10 seconds.