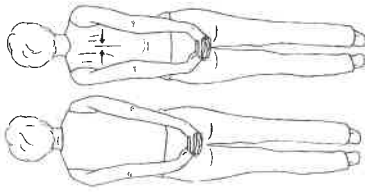
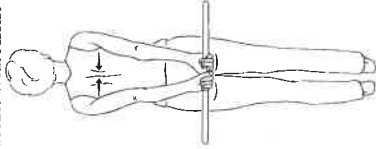
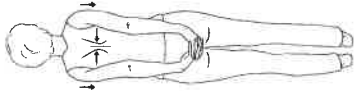
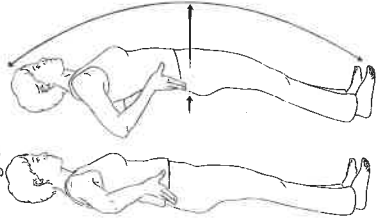
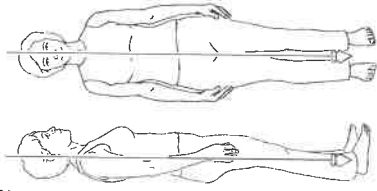
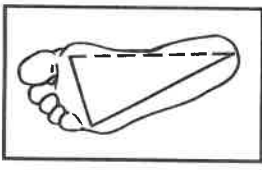


STANDING Tips STANDING EXERCISES: - Can be performed nearly anywhere at anytime. - Can easily be fit into your daily routine. - Can help improve balance, strength and posture. - Can help relieve back strain.	STANDING Tips PRACTICE: - Frequent practice during the day is recommended. - Suggested times are: - after sitting for a prolonged period (watching TV, driving, movie, reading, etc.) - standing in line at the supermarket - waiting for the bus, train, etc. - after a prolonged standing activity (e.g., doing the dishes, chopping vegetables) - Use elements of Postural Correction when doing Standing Exercises: Foot Triangle, Think Taller, Muscle Switches, Show-Off, and Prost Pillow Press are particularly good ones.	STANDING - 1 Shoulder Blade Squeeze  Stand in good body alignment. Interlace fingers behind sacrum. Squeeze backbone with shoulder blades. Keep body still, move only shoulder blades. Keep hands close to body. Hold <u>5-10</u> seconds. Relax shoulders. Do not shrug shoulders. Repeat <u>5-10</u> times.
STANDING - 2 Shoulder Blade Squeeze: With Assist  Stand in good body alignment. Grasp a dowel, broomstick or a washcloth with hands as close together as possible. Squeeze backbone with shoulder blades. Keep body still, move only shoulder blades. Keep hands close to body. Hold <u>5-10</u> seconds. Relax shoulders. Repeat <u>5-10</u> times.	STANDING - 3 Shoulder Blade Squeeze: Scapular Depression  Stand in good body alignment. Interlace fingers behind sacrum. Squeeze backbone with shoulder blades. Hold position, pull shoulders downward. Keep body still - move only shoulder blades and shoulders. Hold <u>5-10</u> seconds. Relax shoulders. Repeat <u>5-10</u> times.	STANDING - 4 Hip / Back Re-Aligner  Stand in good body alignment. Hands on waist, thumbs forward. Squeeze buttocks; press hips forward over knees. Hold <u>5-10</u> seconds. Relax hips. Do not bend knees. Repeat <u>5-10</u> times.
POSTURAL CORRECTION Tips A GOOD POSTURE (better body alignment) will: - distribute weight bearing forces throughout the skeleton more correctly, - thereby helping to: - stimulate the growth and maintenance of stronger, healthier, denser bones, and - reduce the risk of fracture, other injury or back pain.	POSTURAL CORRECTION Tips C  VISUALIZING two plumb lines will help you think of your body as a whole unit. The Side Plumb Line is a straight line passing through the ear, shoulder, hip, just behind the knee, and front of the ankle. The Front / Back Plumb Line is a straight line passing through the middle of the body, dividing the body side to side.	POSTURAL CORRECTION Tips D  STAND on the Foot Triangle of Support frequently during the day. Standing on the Foot Triangle of Support means to stand with weight on the heel, along the bone between the heel and the little toe, and on the bones just behind the little and the large toes. The Foot Triangle of Support is the starting point for all postural correction exercises.