

IMPROVE YOUR POSTURE

TO PREVENT ACHES & PAINS



Poor posture can strain the muscles at the back of your head, neck, upper back and jaw. This can put pressure on nearby nerves and trigger what are known as tension-type or muscle-spasm headaches.

Try these stretches to reset your posture throughout the day:



Ear to shoulder: To stretch your neck, bring your right ear towards your right shoulder, take your right hand up over your head to rest on your left cheekbone. Do not pull your head; your hand is to apply a little more pressure. Perform for 20 seconds each side.

Overhead Arm Reach: Interlock your fingers, reach up as high as you can and keep your palms facing the ceiling. Lean side to side and hold for 10-20 seconds each side.



Chest Stretch: Place your hands on your lower back with elbows pulled back. Perform for 20-30 seconds.



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