

2. Recumbent abdominal-and-shoulder-blade squeeze

The recumbent abdominal-and-shoulder-blade squeeze is designed to help reeducate your posture and begin rebuilding two key areas of muscle strength necessary for great posture: your lower abdominals and your shoulder-blade muscles.

Perform this reeducation and rebuilding exercise as follows:

1. Assume the same starting position as for the recumbent chest and spine stretch. Figure 4

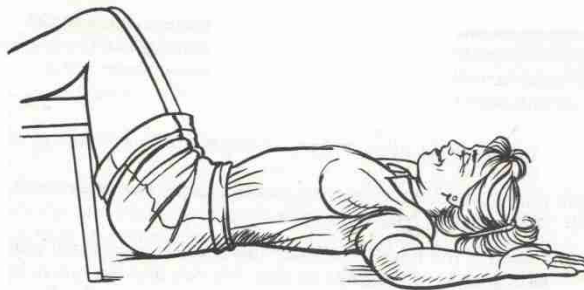


Figure 4

2. Contract the muscles of your lower abdominals and middle and lower shoulder-blade regions so that you can feel the entire length of your spine, neck, and shoulders flattening firmly to the floor.

If you're performing this exercise properly, you should feel a comfortable degree of muscle contraction while you maintain a normal, relaxed breathing pattern. Figure 5



Figure 5

3. Hold this contraction for three to five breaths, relax, and then repeat the exercise.

Perform this exercise at least once every day for 2 to 3 weeks, starting with one set of 10 repetitions and building to one set of 50 repetitions as needed