



Therapeutic
Connection
PHYSICAL THERAPY AND WELLNESS

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Posture Reset Checklist

1. Morning Reset: Start your day with alignment

- ☐ Stand tall against a wall: heels, hips, shoulder blades, and head touching
 - ☐ Take 3 deep breaths while relaxing your shoulders
 - ☐ Do 5 gentle chin tucks (chin to Adam's Apple movement) to realign your neck
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2. Sitting Smarter: Support your spine all day

- ☐ Keep feet flat, hips slightly higher than knees
 - ☐ Use a small pillow or towel roll behind your low back
 - ☐ Avoid crossing legs for long periods
 - ☐ Check your screen height—eyes should look straight ahead
 - ☐ Get up every 30 minutes and move for 1–2 minutes – Power Moves Handout
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3. Standing & Walking Posture: Reset while on the move

- ☐ Keep knees soft—not locked
 - ☐ Stack head over shoulders, shoulders over hips
 - ☐ Gently draw belly in to engage your core
 - ☐ Shift weight evenly between both feet
 - ☐ Let arms hang relaxed, palms slightly forward
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4. Evening Release: Let go of tension before bed

- ☐ Lie on your back with knees bent and feet flat—relax here for 15 minutes:
You will get rehydration of the spinal discs ***IF*** YOU HAVE STAYED HYDRATED throughout the day
 - ☐ Use a foam roller or ball to gently release tight spots in shoulders, back, or hips
 - ☐ Do 5 slow, mindful breaths while scanning for areas of tension
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5. Bonus Reminders: Little things that make a big difference

- ☐ Avoid “tech neck”: bring devices up to eye level
 - ☐ Sleep with **one** supportive pillow under your head—not two or three
 - ☐ Side-sleepers: Use a pillow between your knees
 - ☐ Back-sleepers: Use a pillow under your knees
 - ☐ Practice balance: stand on one foot while brushing teeth
 - ☐ Smile and take a deep breath—it helps relax postural tension naturally!
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🌀 **Your body is always listening: what you practice becomes your posture.**

🌀 **Bring awareness, kindness, and movement into your daily routine.**

🌀 **Your Body Will Thank You!**

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