

Wall Angels

Start with your back against the wall and place your feet about a foot away from the wall, and hip width apart. As you exhale, perform a posterior pelvic tilt by contracting your core (pulling your bellybutton up and in) tucking your tailbone (this will **flatten** your low back against the wall). There should be no space between your back and the wall (you can test this by trying to slip your hand behind your back, you should not be able to feel any space). If this is difficult for you, start with the Posterior Pelvic Tilt exercises.

Once you have achieved this, then (and only then) you can bring your arms up, placing them at a 90° angle at both the shoulders and elbows. Attempt to keep your wrists, elbows, and shoulders against the wall. Be sure your shoulders are pulled down and back (away from your ears) and maintain core stability by keeping your back flat against the wall. Continue to cycle through these important details as you maintain this position. It's more difficult than it appears.



Hold for 1-2 minutes, 3 times a day.

** Advanced Step: slowly slide your hands above your head to touch your fingers, then back down to 90° *Make sure you are continuing to maintain the correct posture as you slide your hands.