

# iPostureSyndromeSavers

Age 10 to 15 years

# 1



## TEXT BREAK



Stretch your arms out in front of you. Bend the wrist of one hand to point the fingers to the ground. The other hand takes hold of the fingers (not just the tips) and pulls them towards you. Rotate the inside elbow crease of the outstretched arm towards the ceiling to increase the stretch. Hold for three deep breaths. You will feel this stretch in the top of the forearm.

Stretch your arms in front of you. Point the fingers of one hand to the ceiling and use the other to pull the fingers back toward you. Hold for three deep breaths. You will feel the stretch in the muscles of the underside of the forearm. (You can repeat this one finger at a time to be extra thorough).

## HIT THE SPOT

# 2

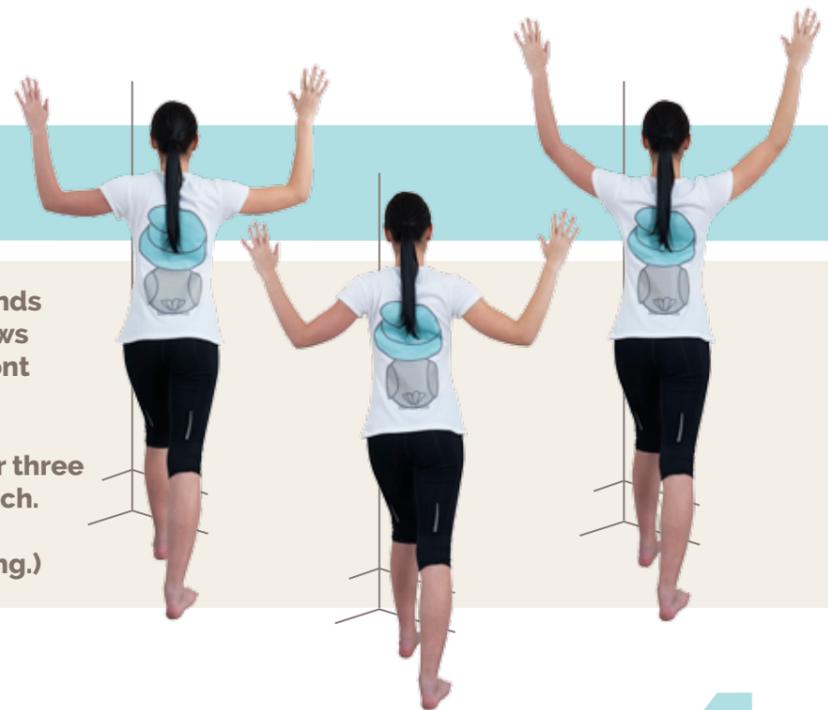


Bend your elbows and place one inside of the other, clasping the wrist with one hand. Reach your fingers to the ceiling while tilting your head forward and pushing your elbows to the front of you. You will feel the stretch on one side at the base of your neck. Hold for three deep breaths. Swap sides. Repeat three times. For an extra stretch push your arms away from your body while reaching your hands to the ceiling.

# 3

## POSTURE REBOOT

Stand facing a corner, one leg in front of the other. Reach your hands up, placing them on the wall just above head height. Let the elbows stay bent at right angles but not touching the walls. Bend your front knee to allow your chest to move towards the corner. Keep your head facing forward and your back straight. You should feel a stretch across your chest into the front of your shoulders. Hold for three deep breaths. Try different hand heights for variations of the stretch. TIP: Do this stretch every time you go to the bathroom. (This is the stretch will stop your shoulders rounding and your parents nagging.)



## SHOULDER SAVER

# 4

Sit on the floor with your legs straight out in front of you, crossing your right ankle over your left. Reach your right hand to grasp the INSIDE of your right foot (you can bend your knee if you need to) and push your toes away from you. This will give you a stretch at the back of your right shoulder. Hold for three deep breaths. Repeat on the left side.

# 5

## TAKE A BREAK

Give your eyes a rest while getting a burst of oxygen to your brain. Focus on the most distant point you can see for a deep breath. Find another point, not quite so far away then hold that focus for a breath. Now close your eyes and cover them with your palms for two more breaths.



Only perform these stretches within a comfortable range.

Give yourself peace of mind 24/7. Our experts at Ollie Owl bring you iPosture Syndrome Savers to care for your child's spine during the day, and age appropriate contoured pillows to protect them at night. For more information on posture, pillows and sleep position visit our website. At Ollie Owl we believe a supported family is a happy family.

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