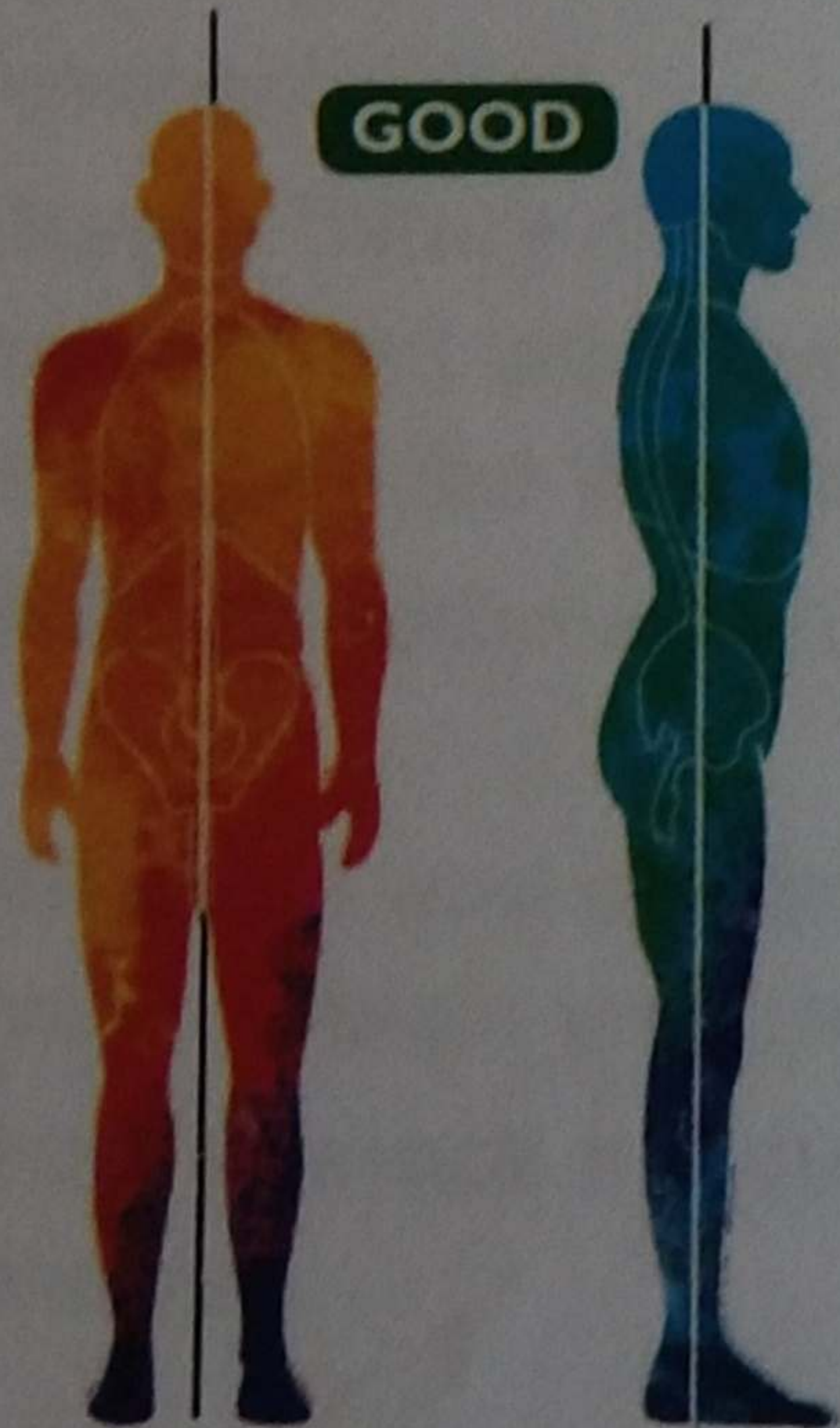
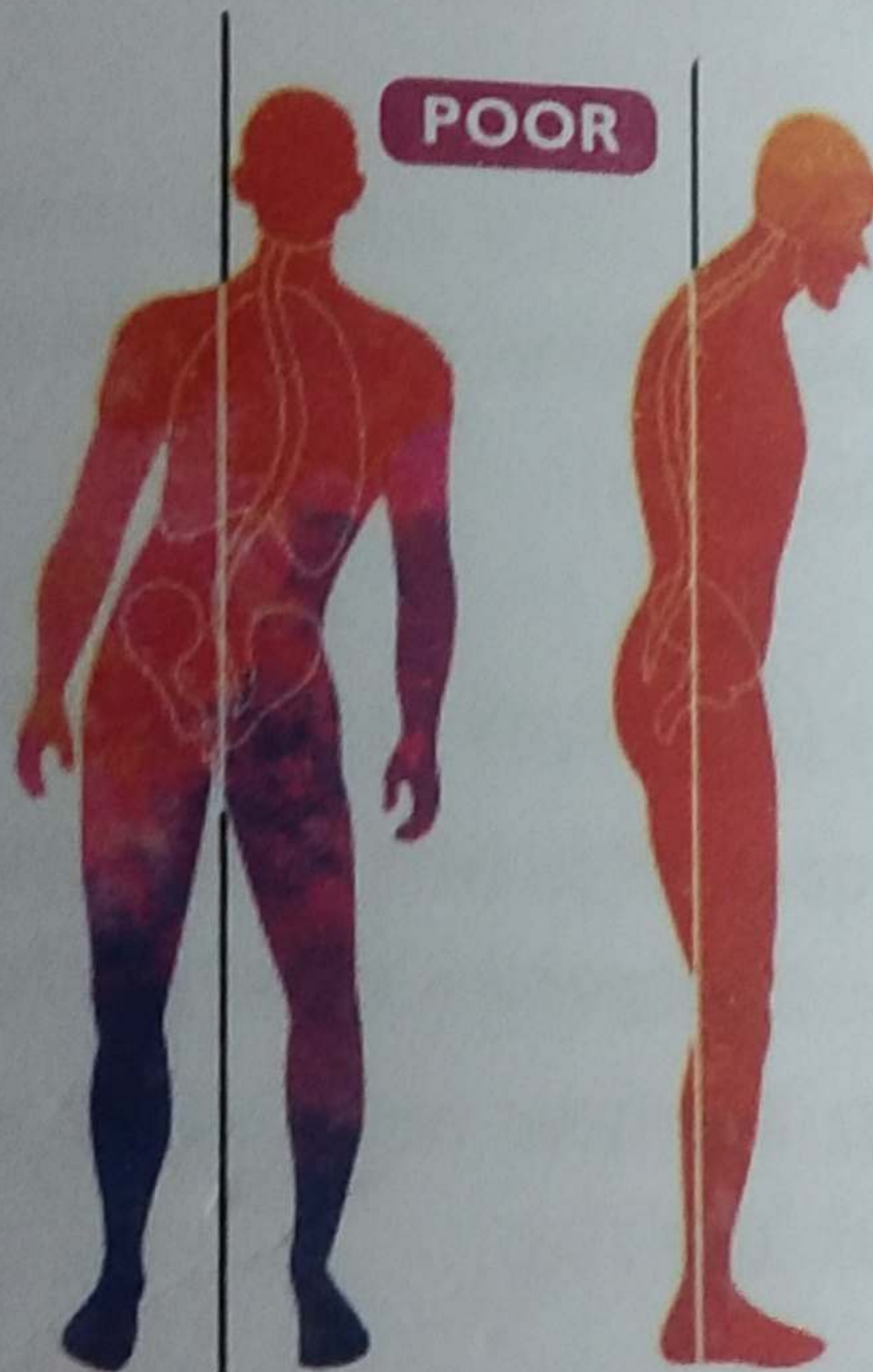




Good Posture



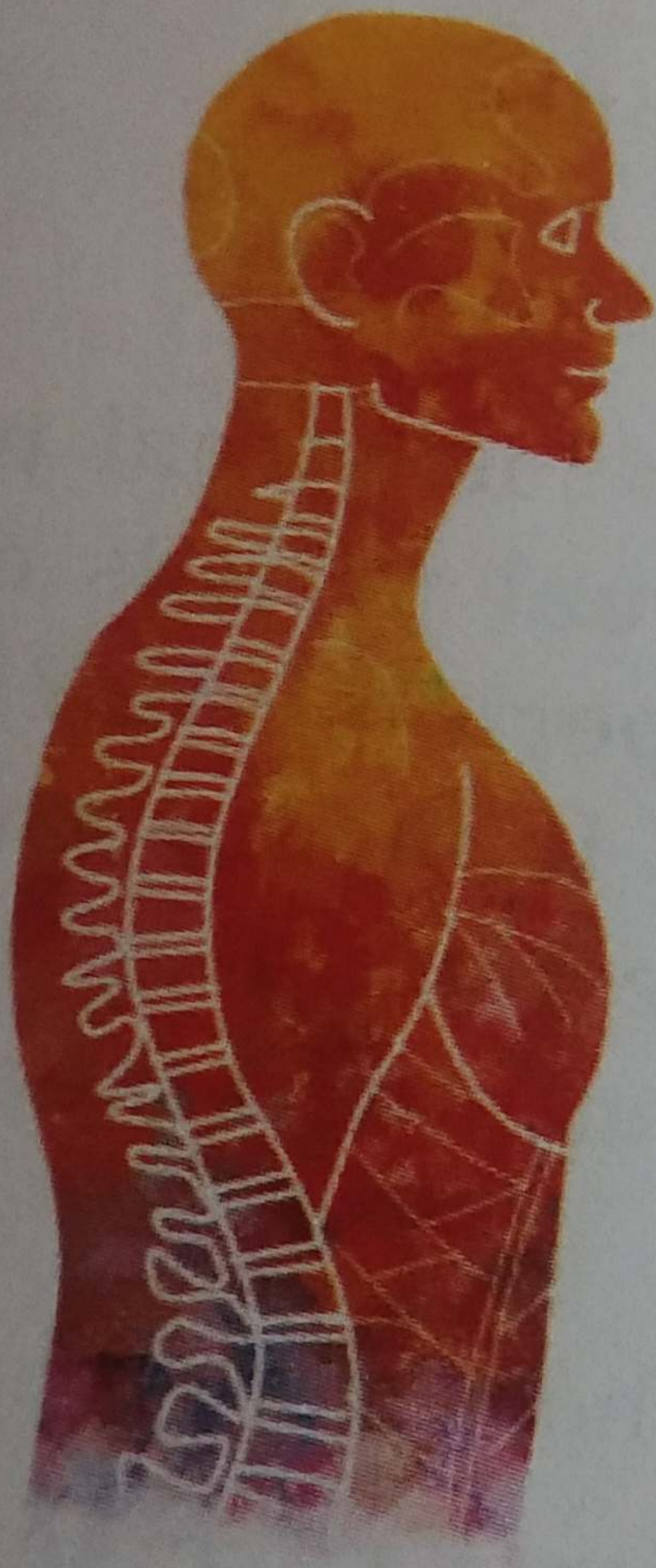
Bad Posture



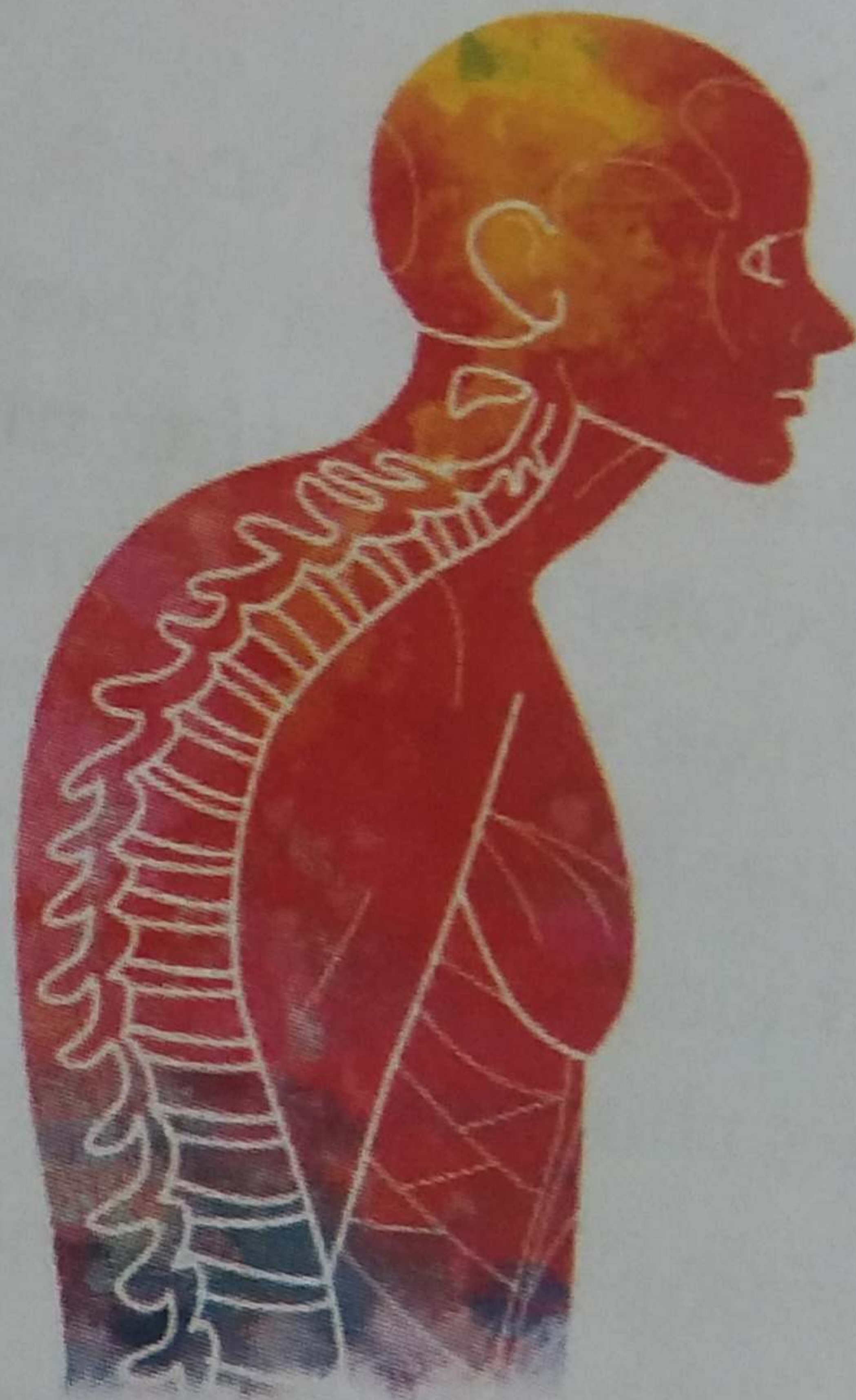
Normal Posture
with Spine (side
view)



Kyphosis Posture
with Spine
(side view)



Normal



Round Shoulders



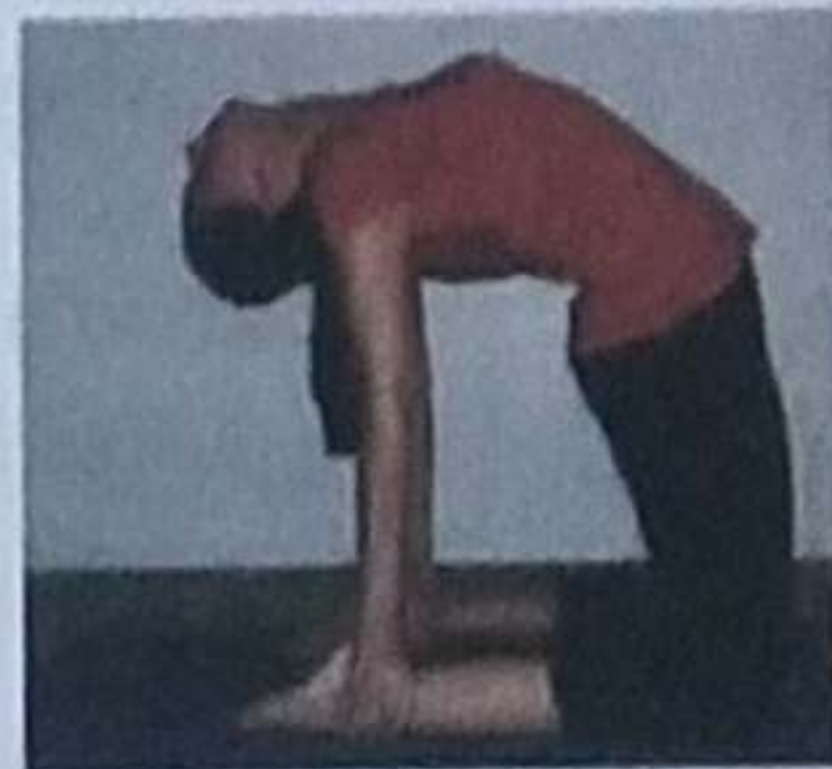
Chakra Asana



Dhanur Asana



Bhujang Asana



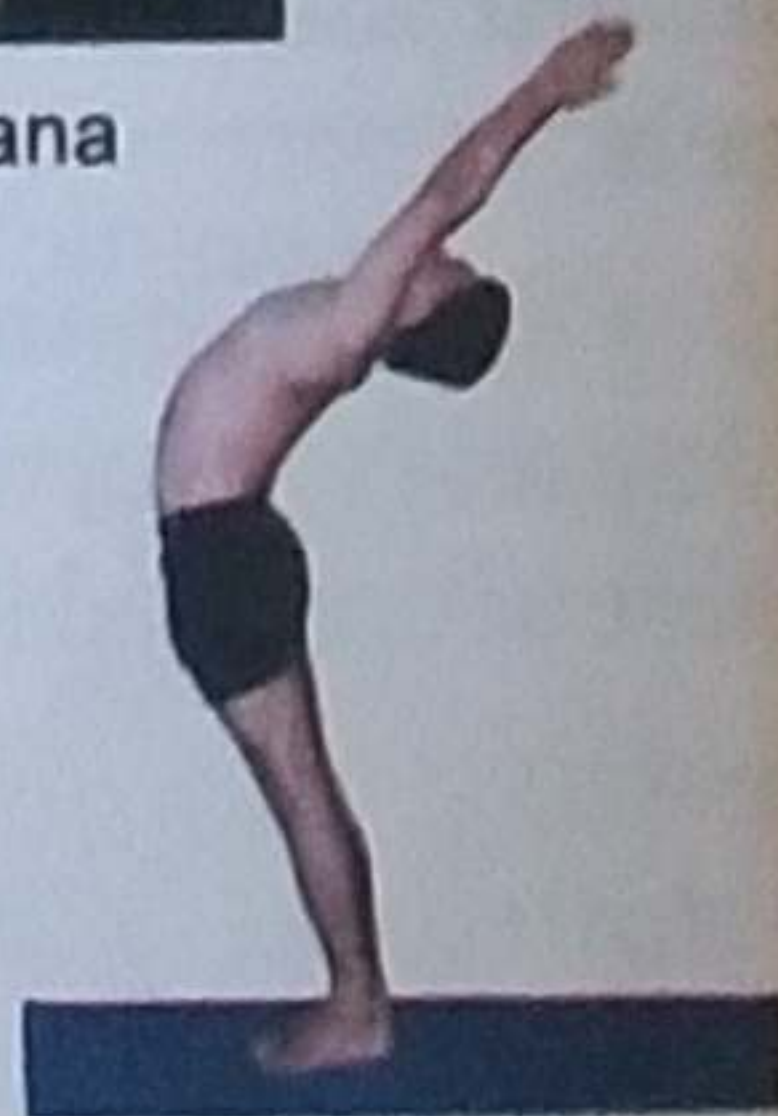
Usht Asana



Reverse Sit-up



Holding Hands at Back



Backward Bending

and shortened.

- ❖ **Exercise of Neck with Sand Bag:** Place the bag full of sand on lower part of the upper shoulder or back and lie down on the floor by pushing neck towards the floor.



Figure 2.4 Exercise of Neck with Sand Bag

Exercise with Wall Bar: In this, hang on wall bar for few time with hands facing back and repeat the same according to your strength.

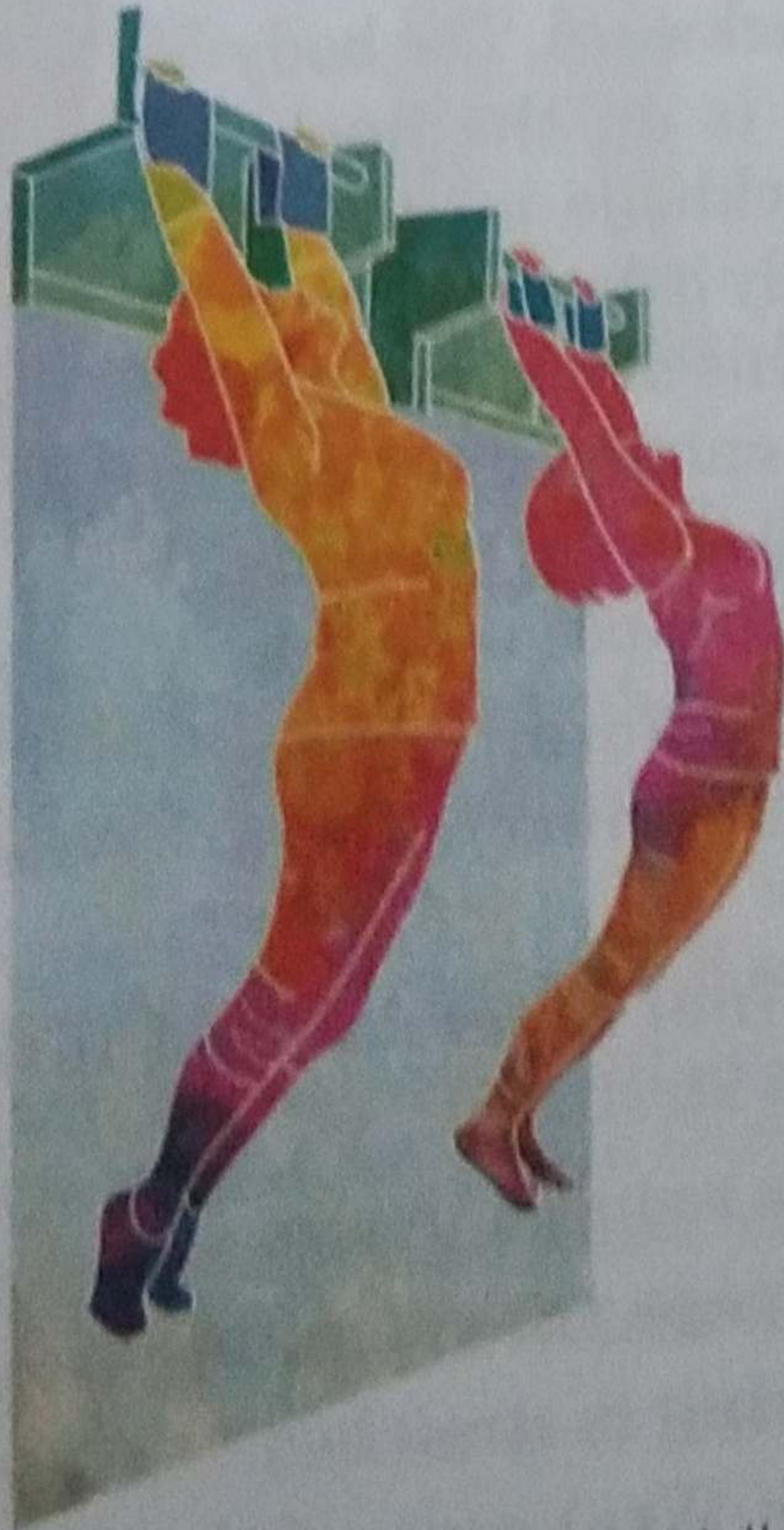
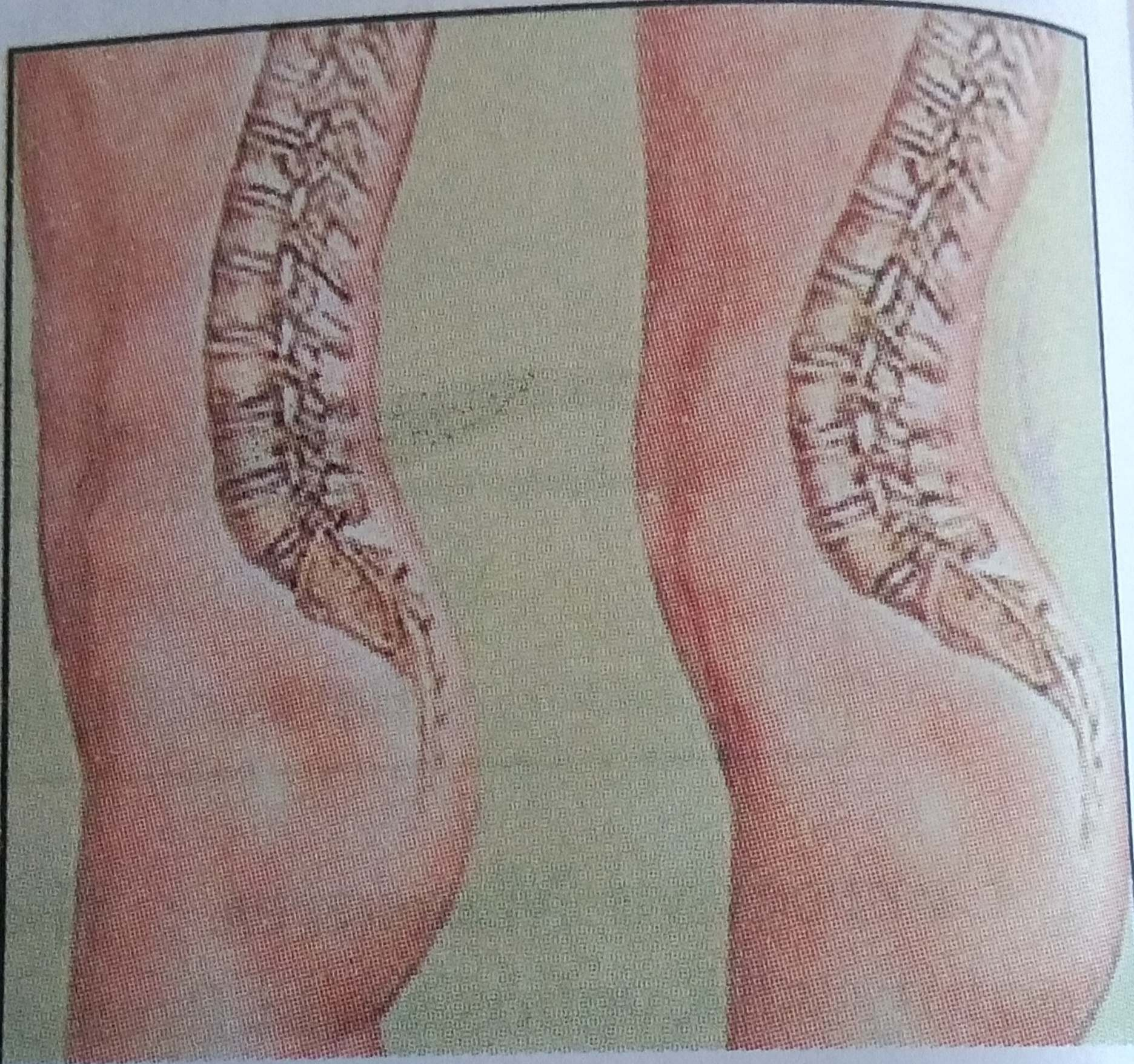


Figure 2.6 Exercise with Wall Bar



**Normal Posture
with Spine
(side view)**

**Lordosis Posture
with Spine
(side view)**



Normal



Lordosis

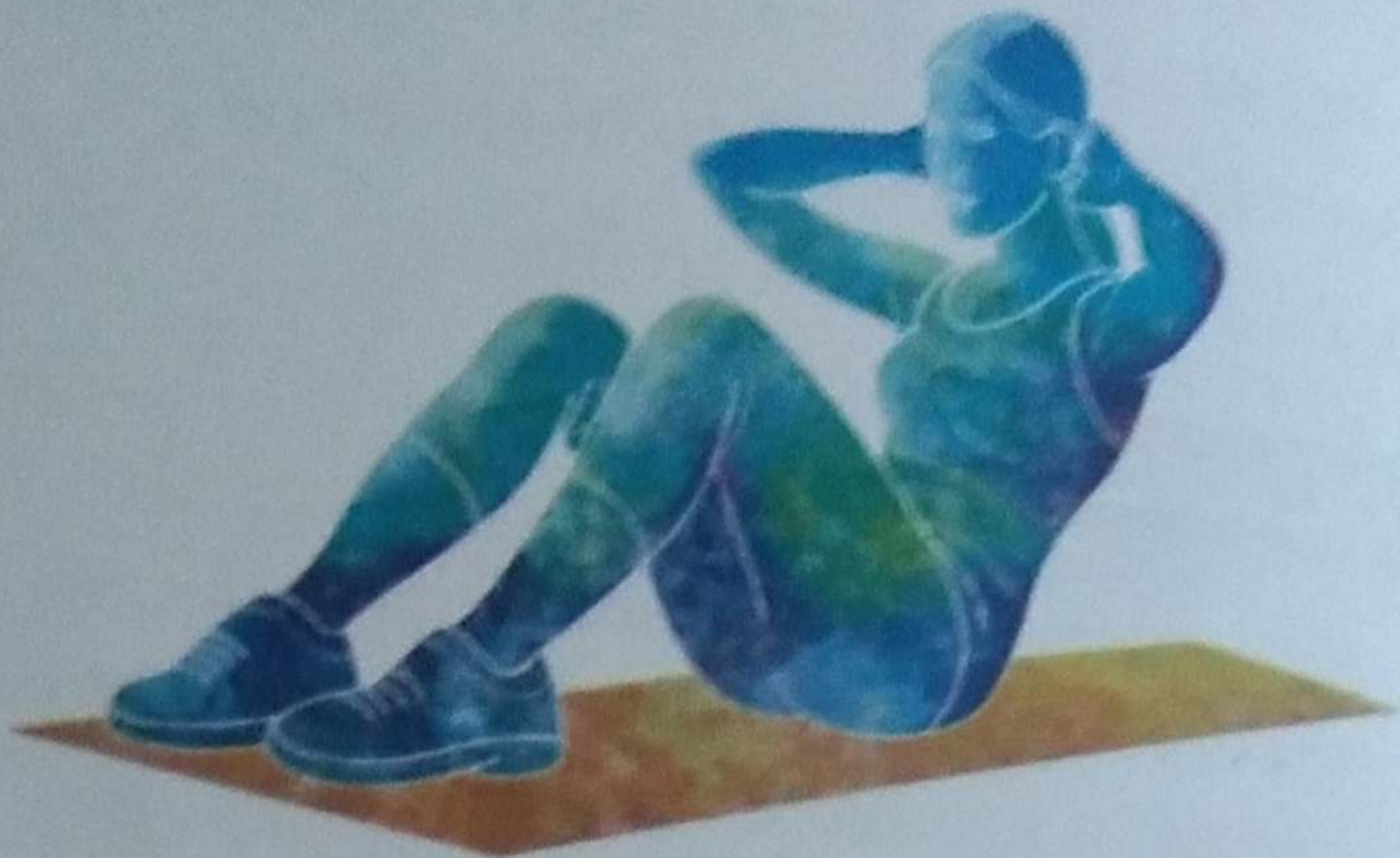


Figure 2.10 Sit-ups



Figure 2.11 Pashchimottasana



Figure 2.12 Leg Raise at 90°



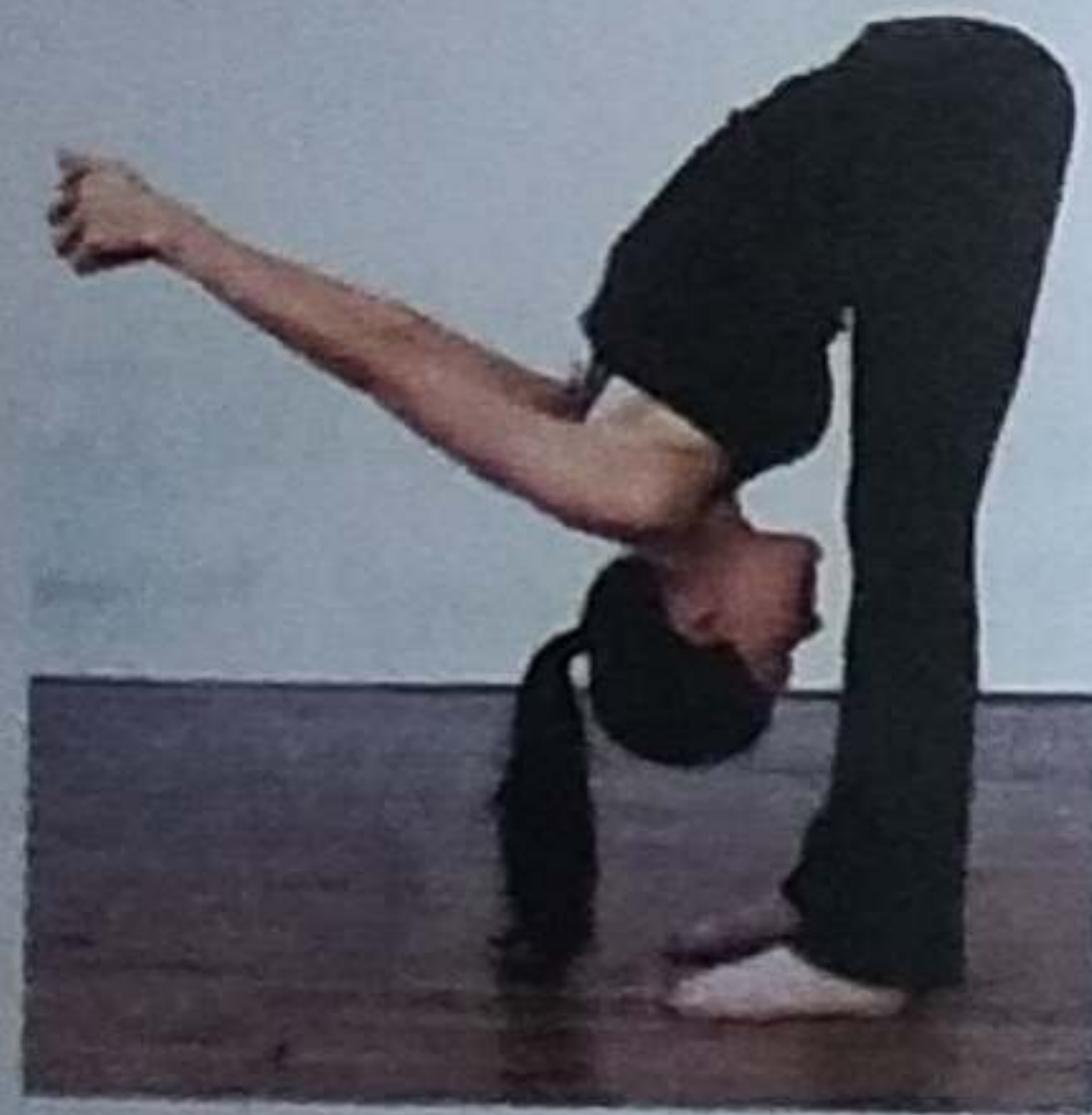
Hal Asana



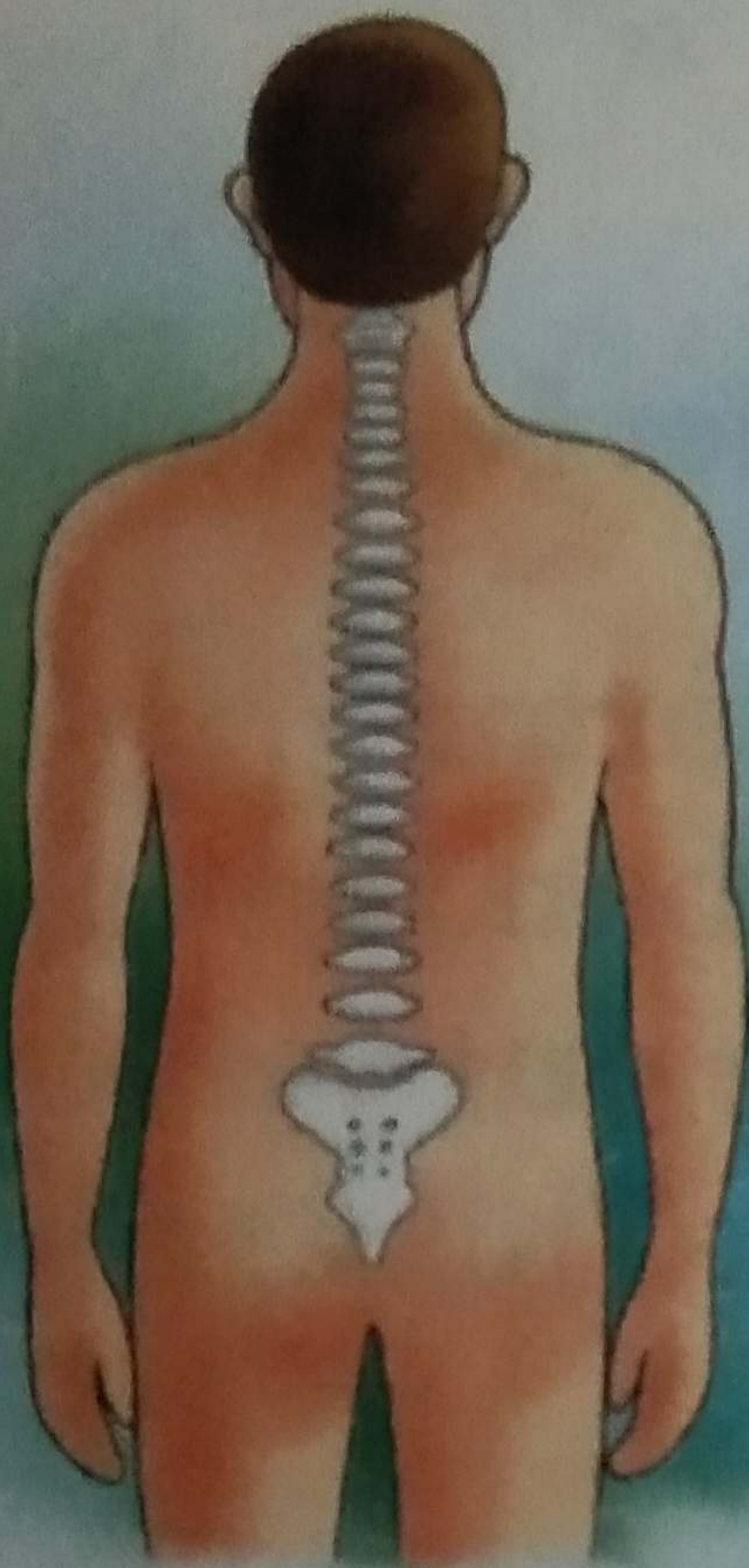
Paschimotan Asana



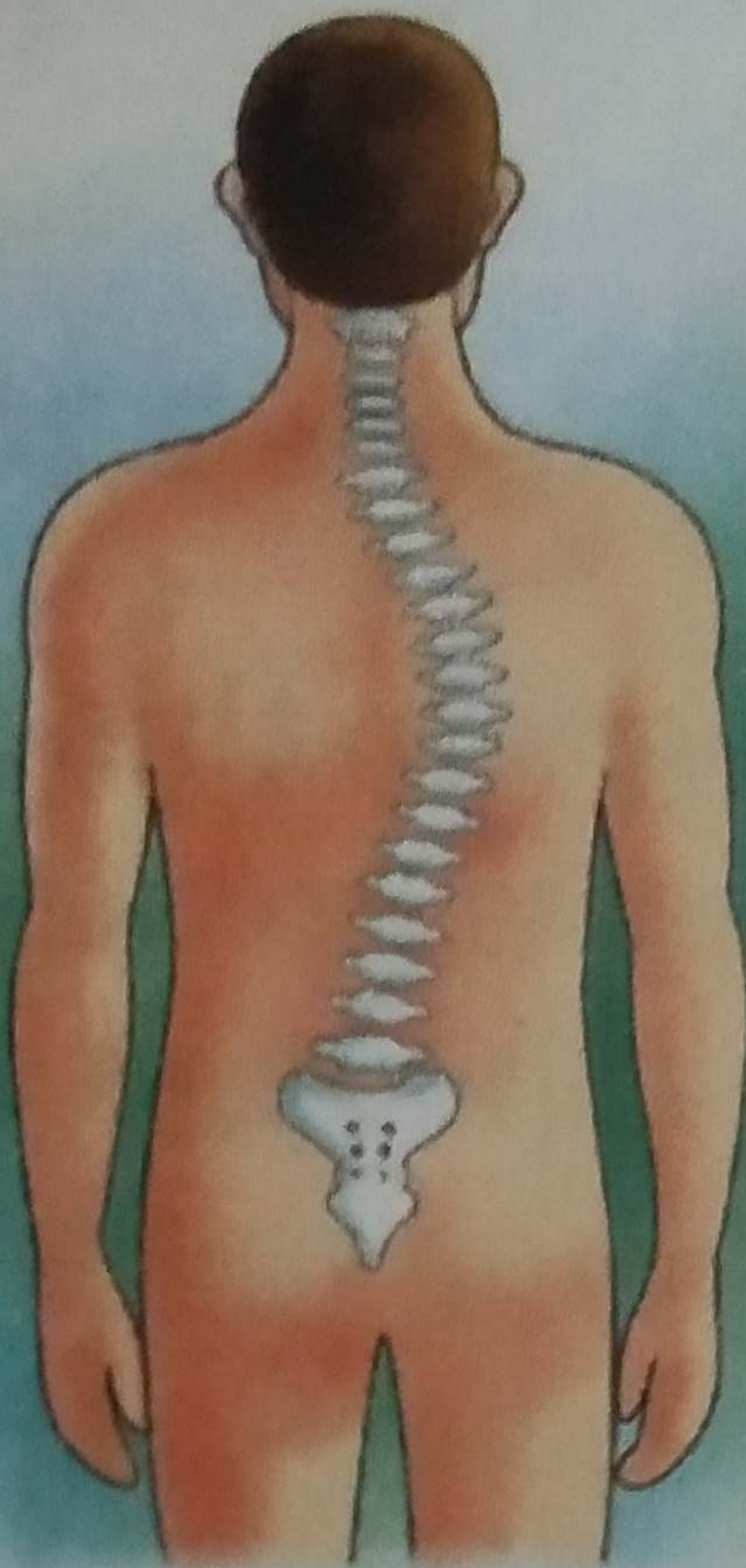
Trikon Asana



Forward Bending



Normal Spine



Scoliosis

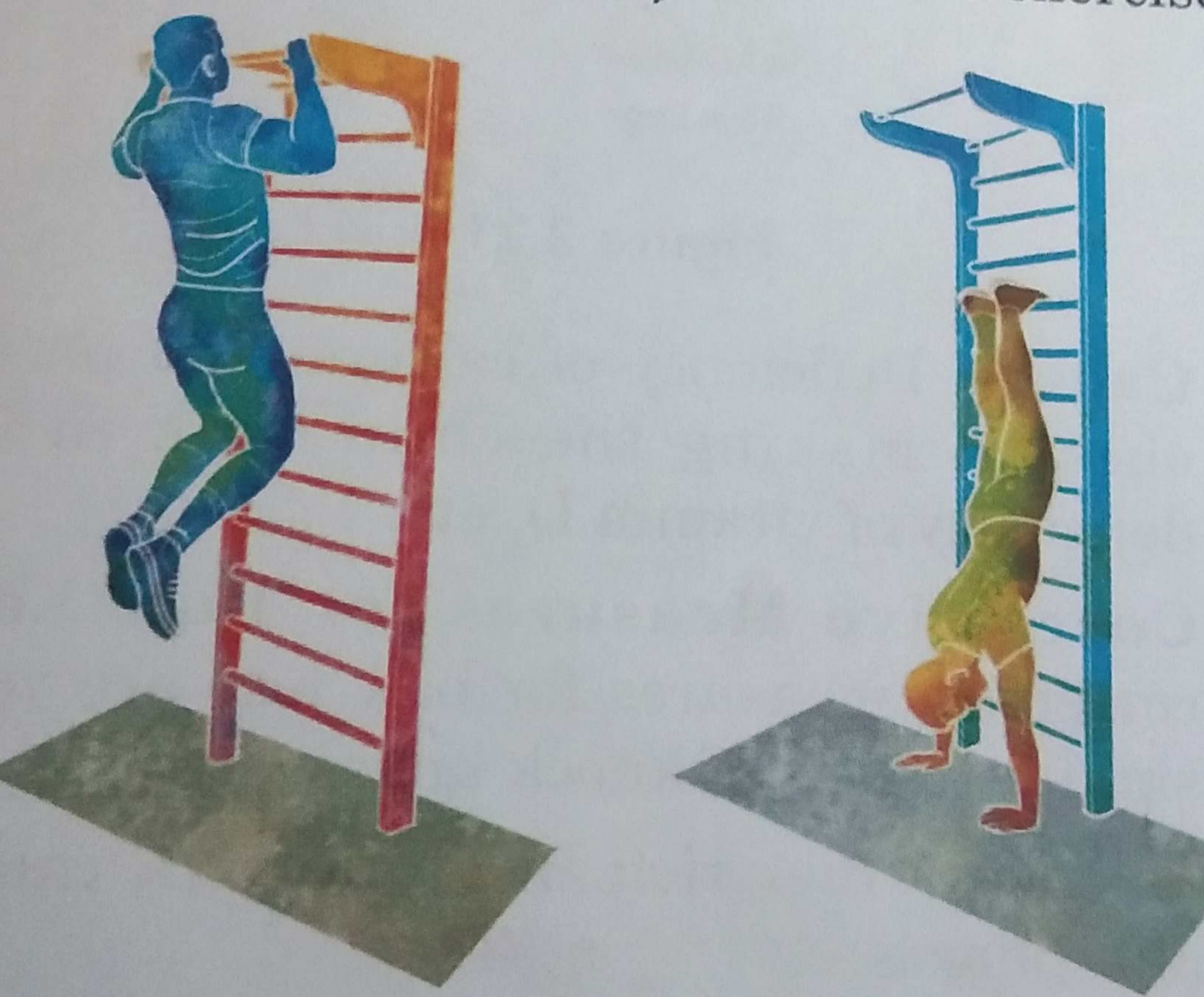


Figure 2.15 Exercise with Wall Bar

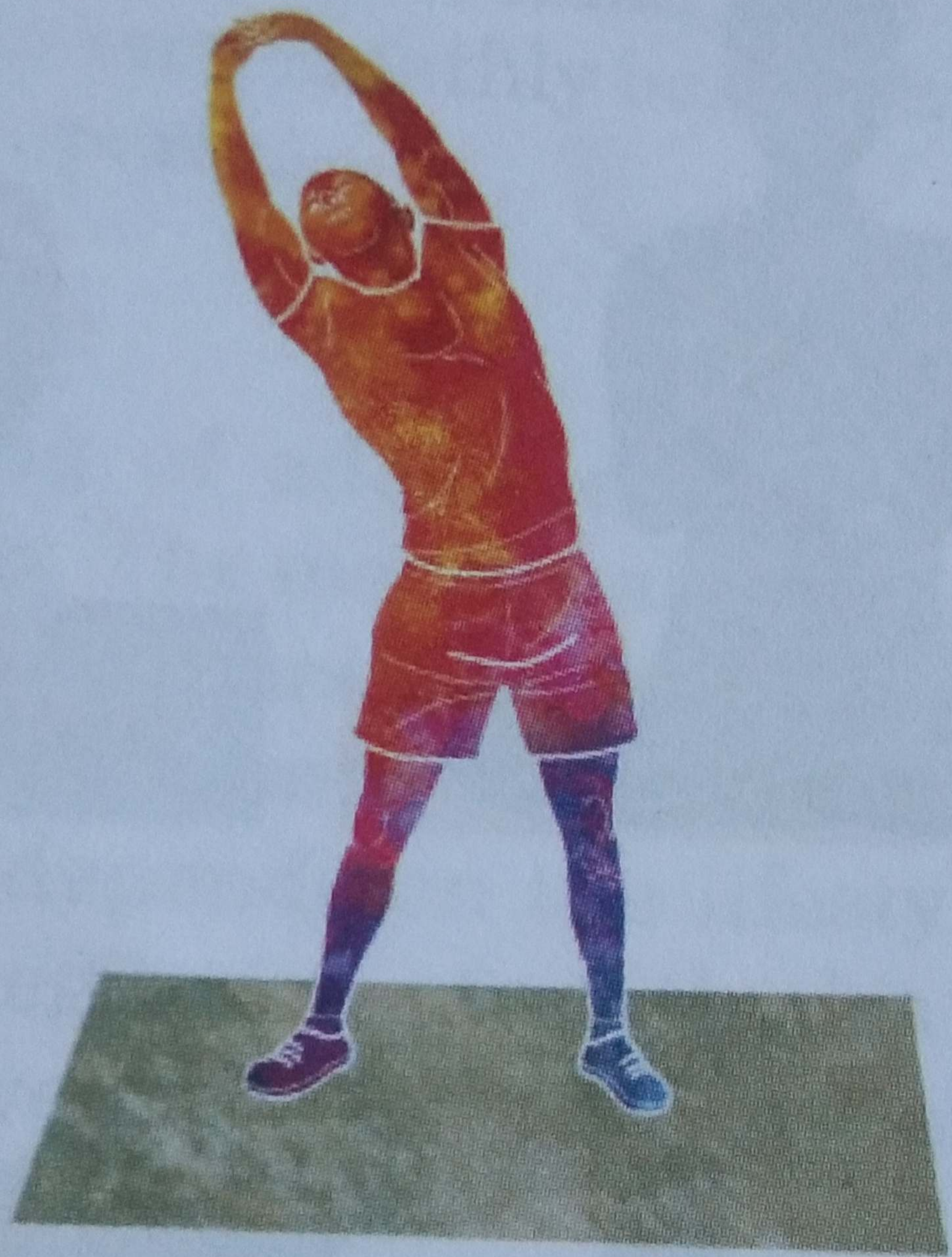
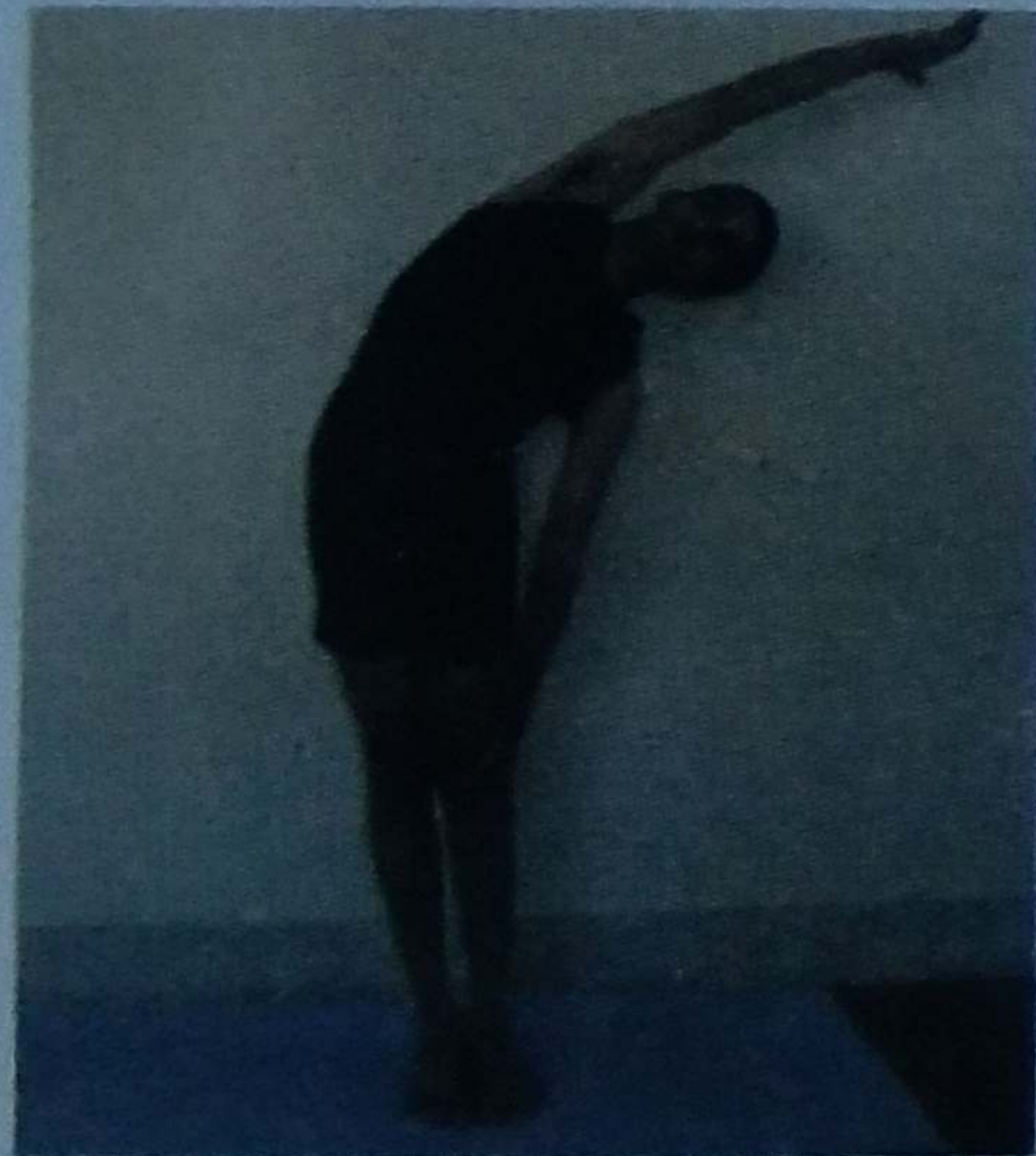
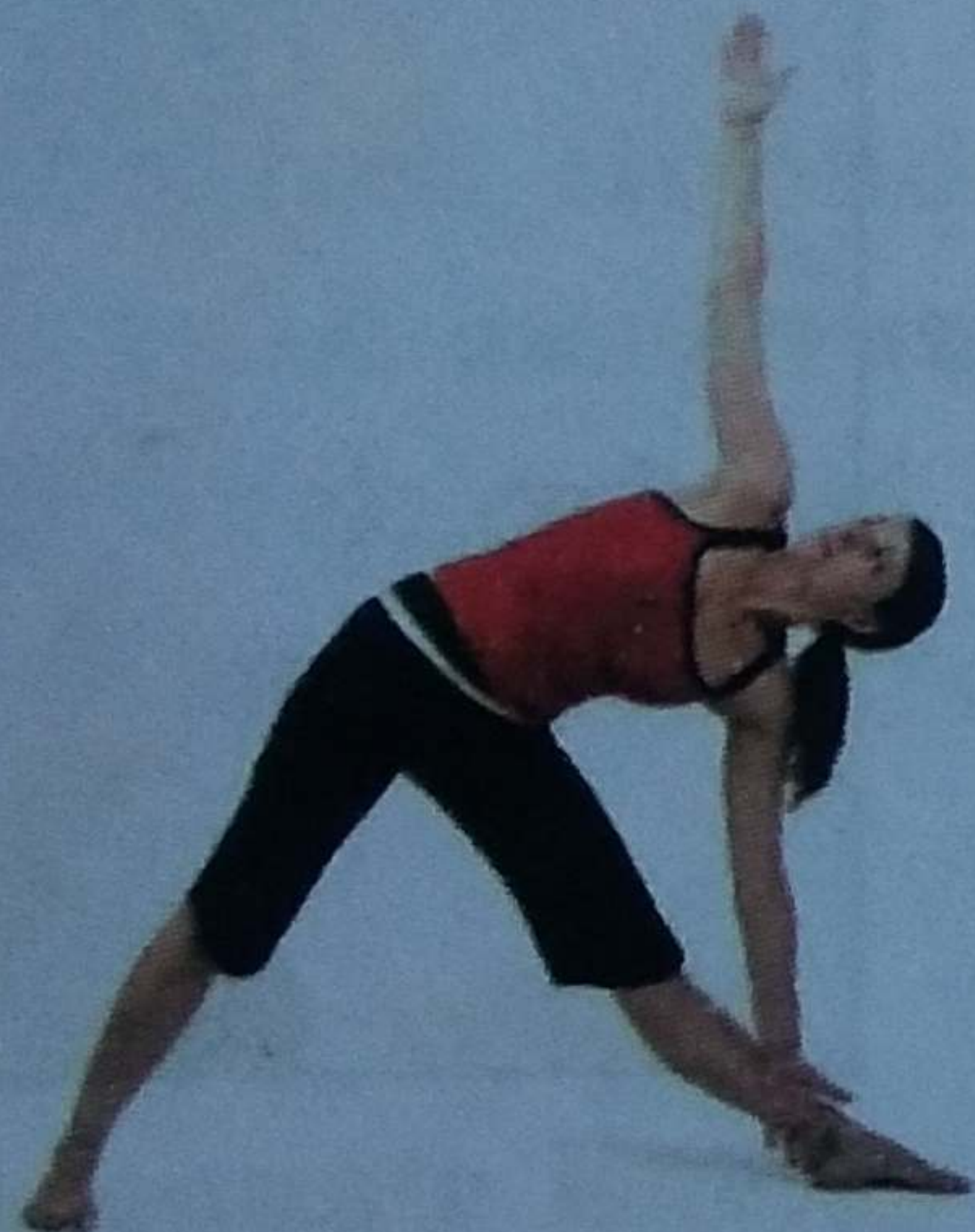


Figure 2.16 Bending in the Opposite Direction of Deformity

Ardh Chakra Asana
(To opposite side)



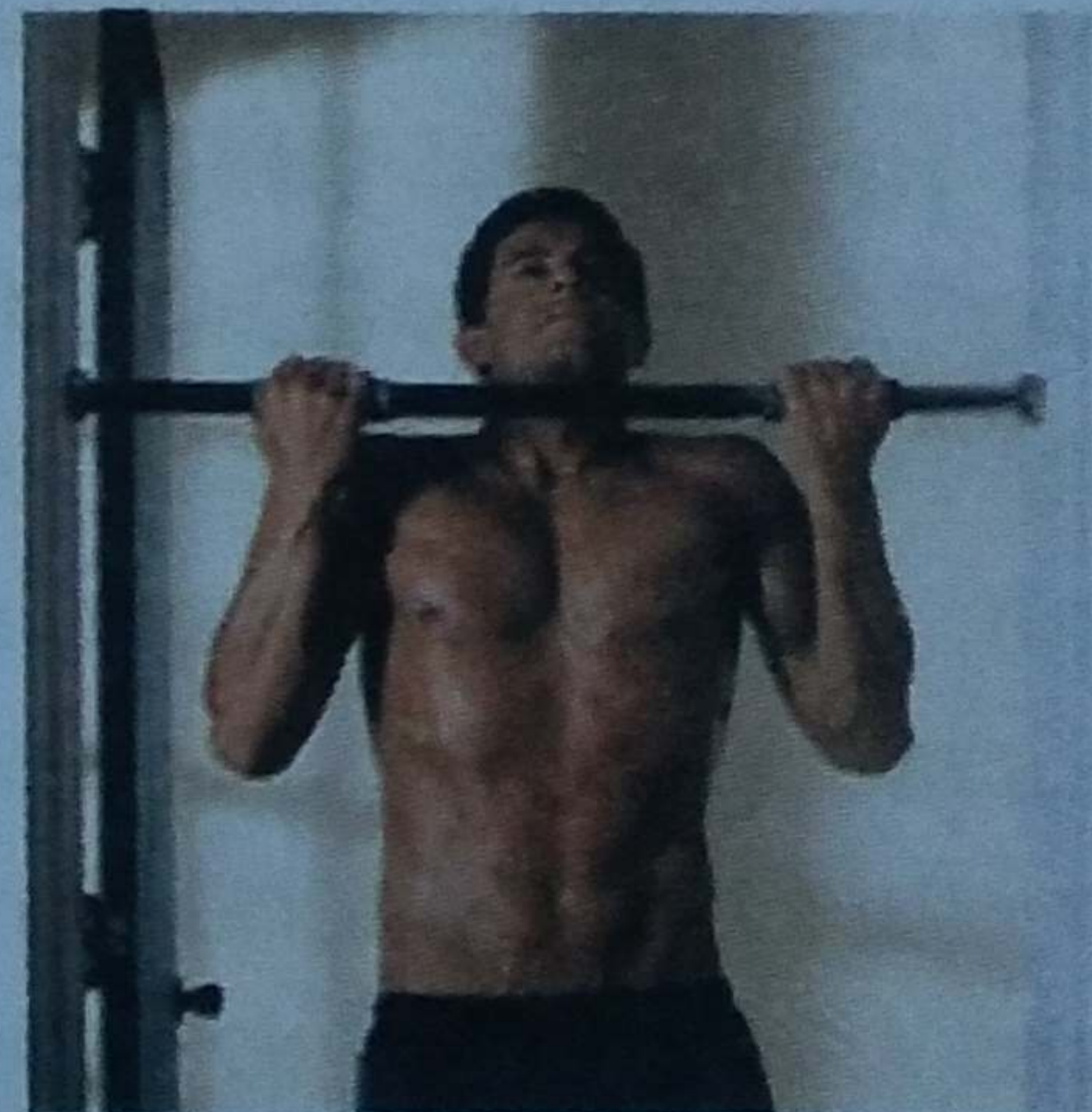
Trikon Asana

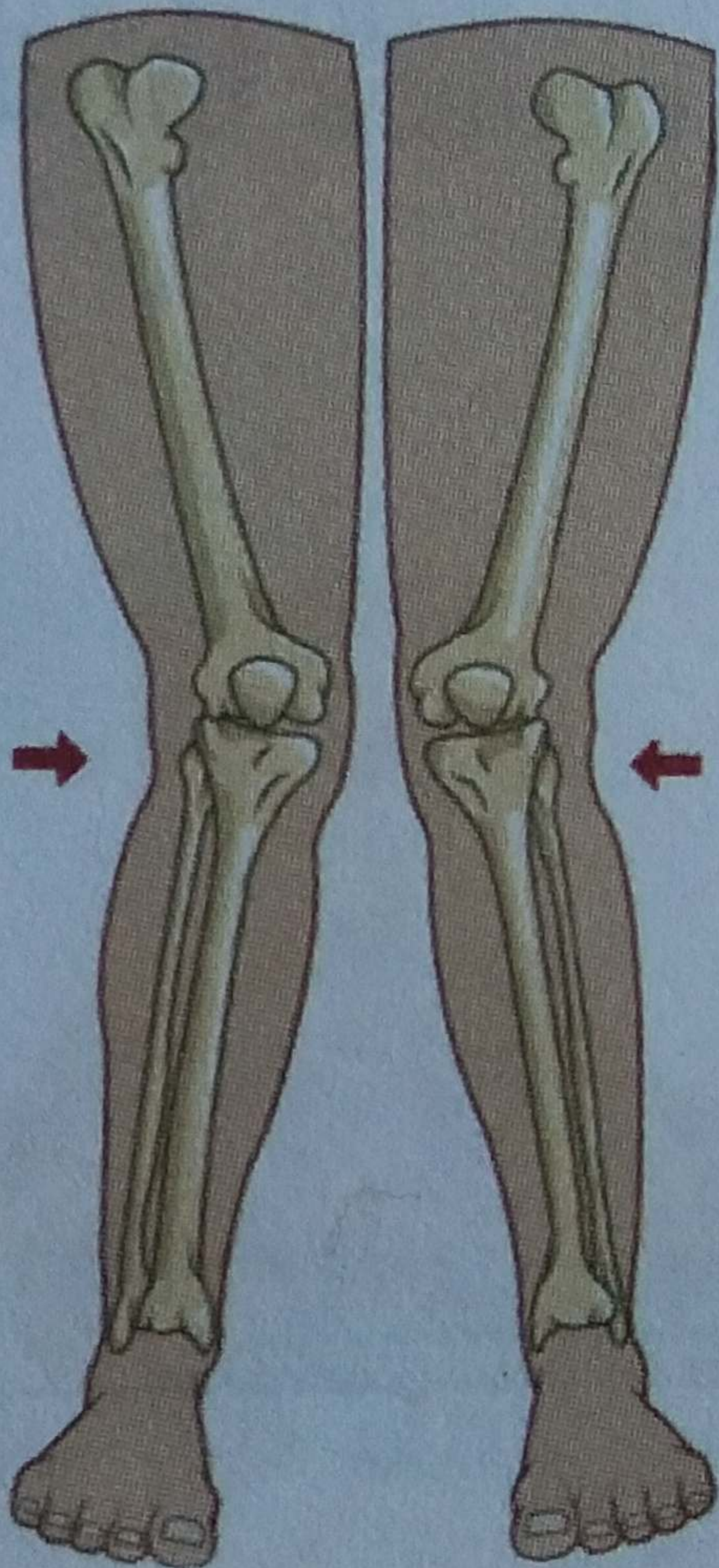


Hast Asana

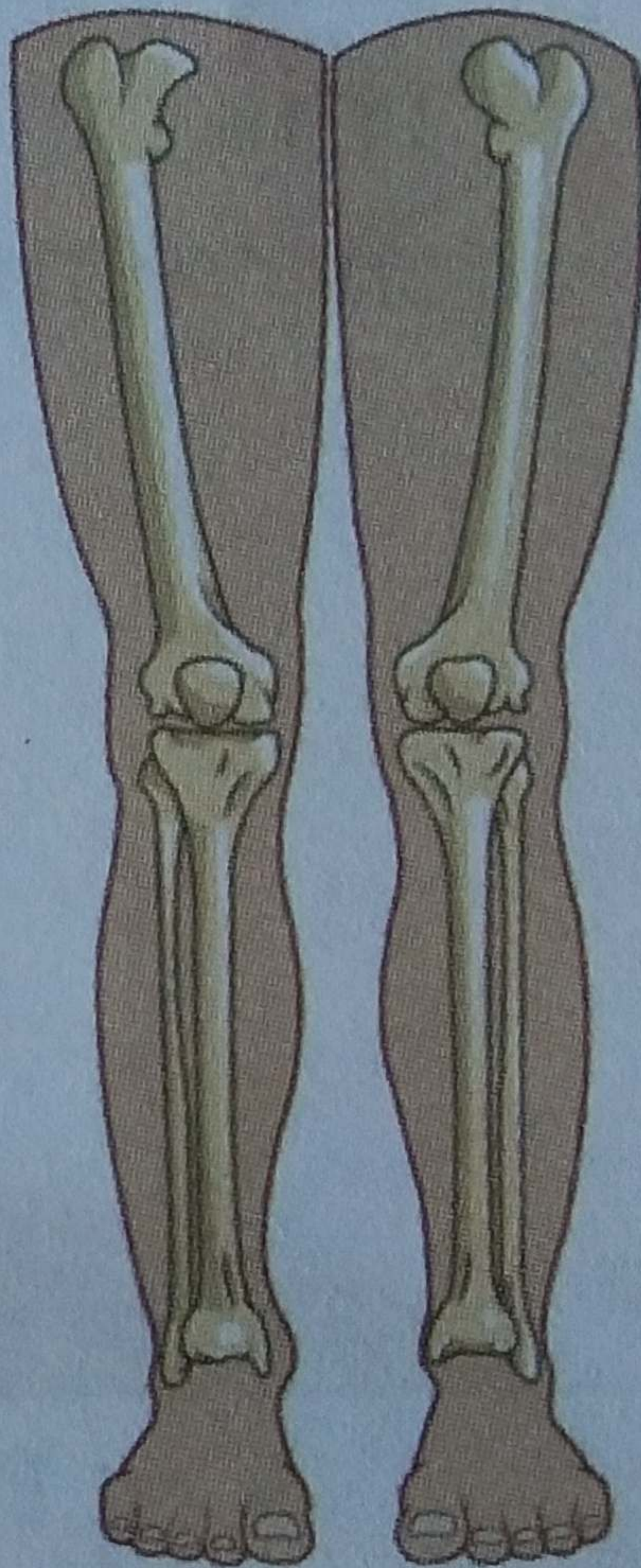


Chin-ups

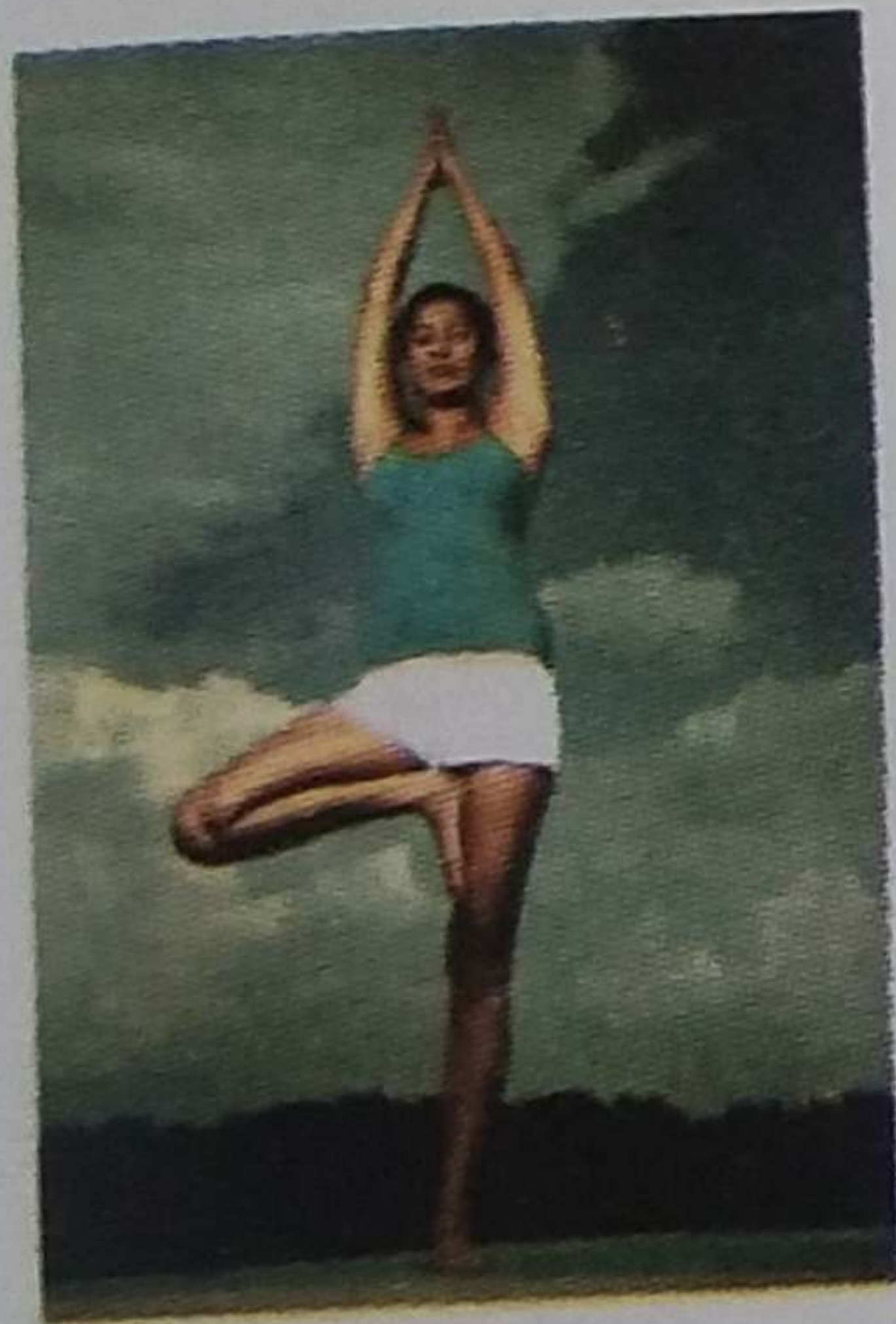




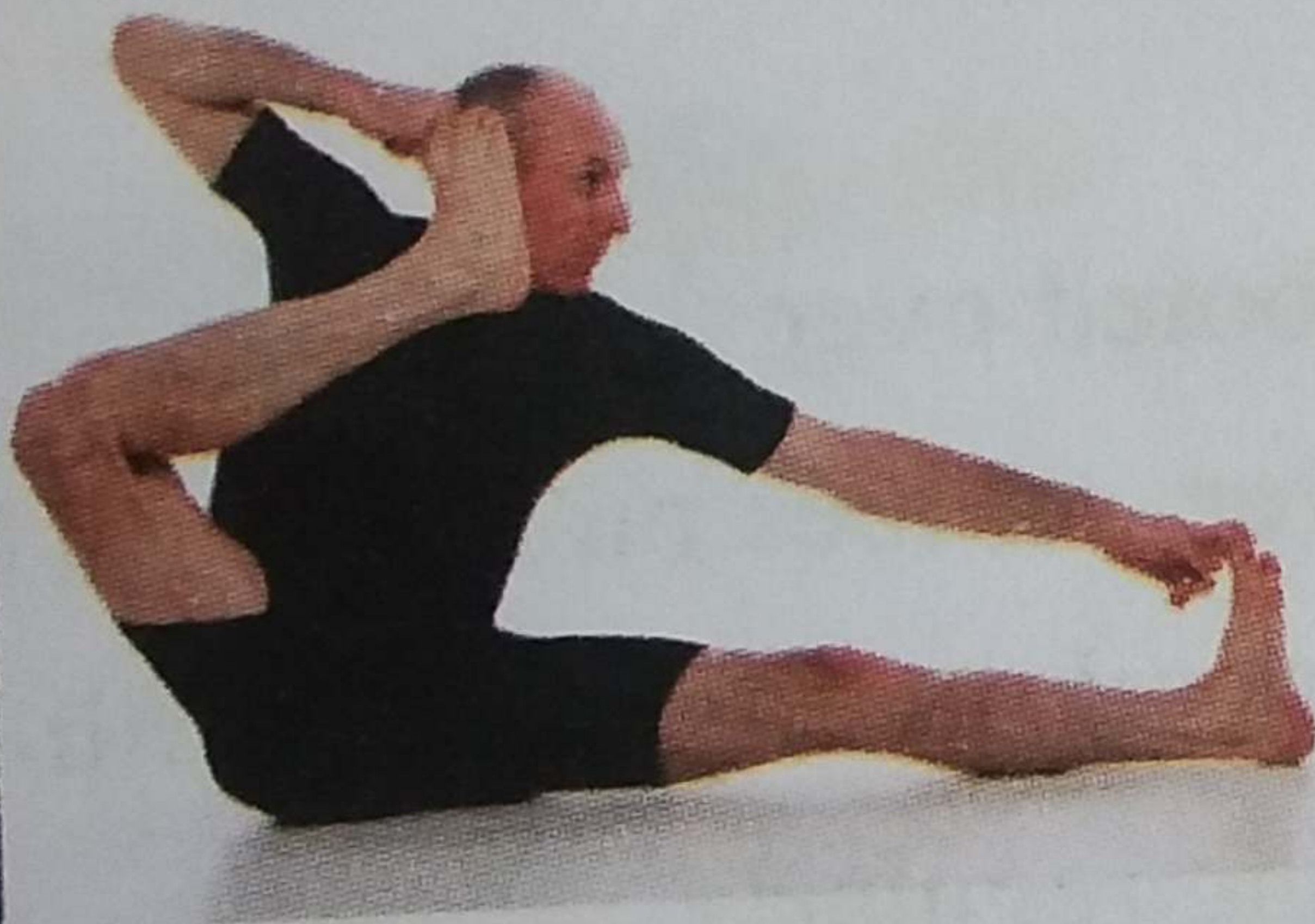
Knock Knees



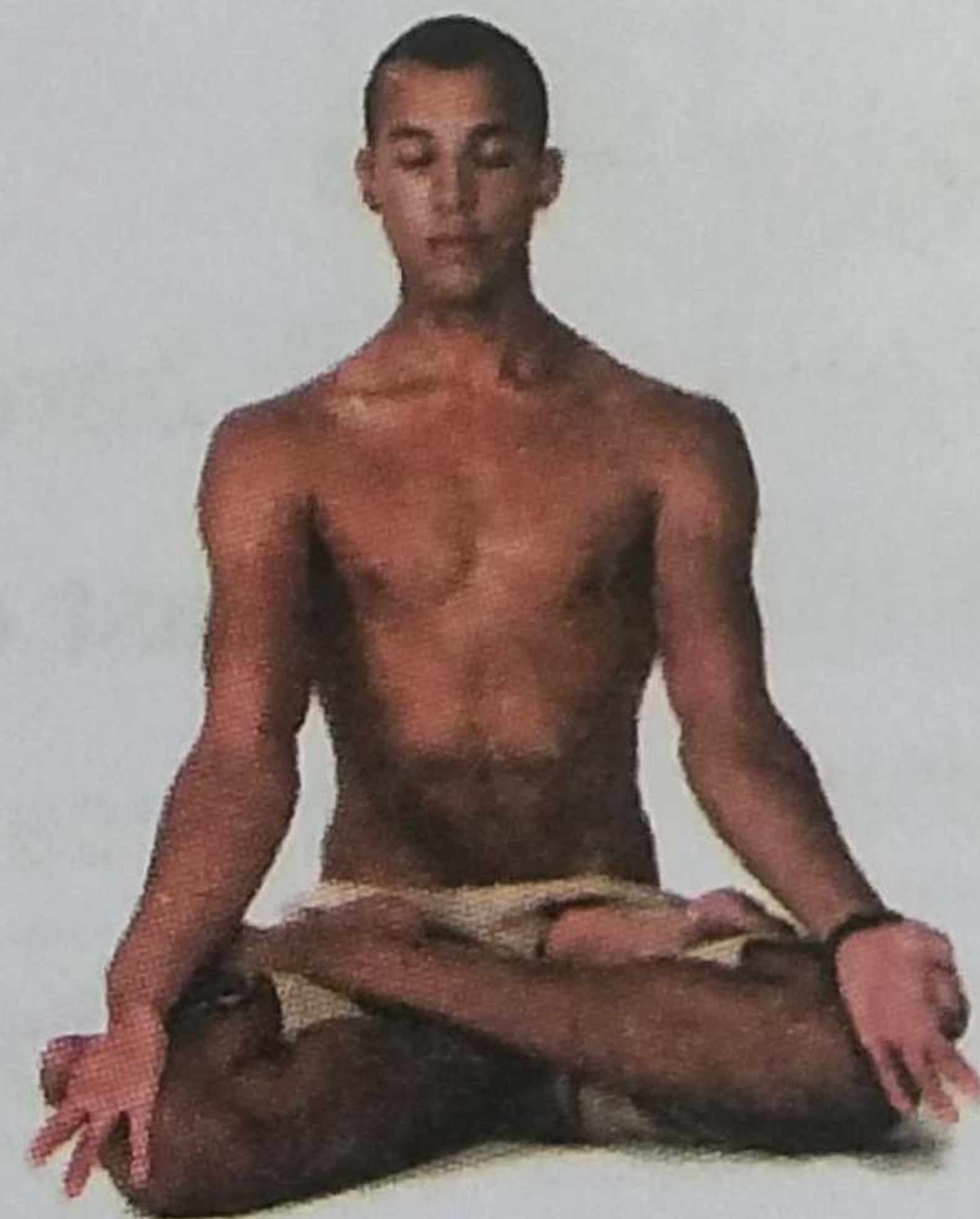
Normal



Vriksh
Asana



Akarn Dhanur
Asana



Padma Asana



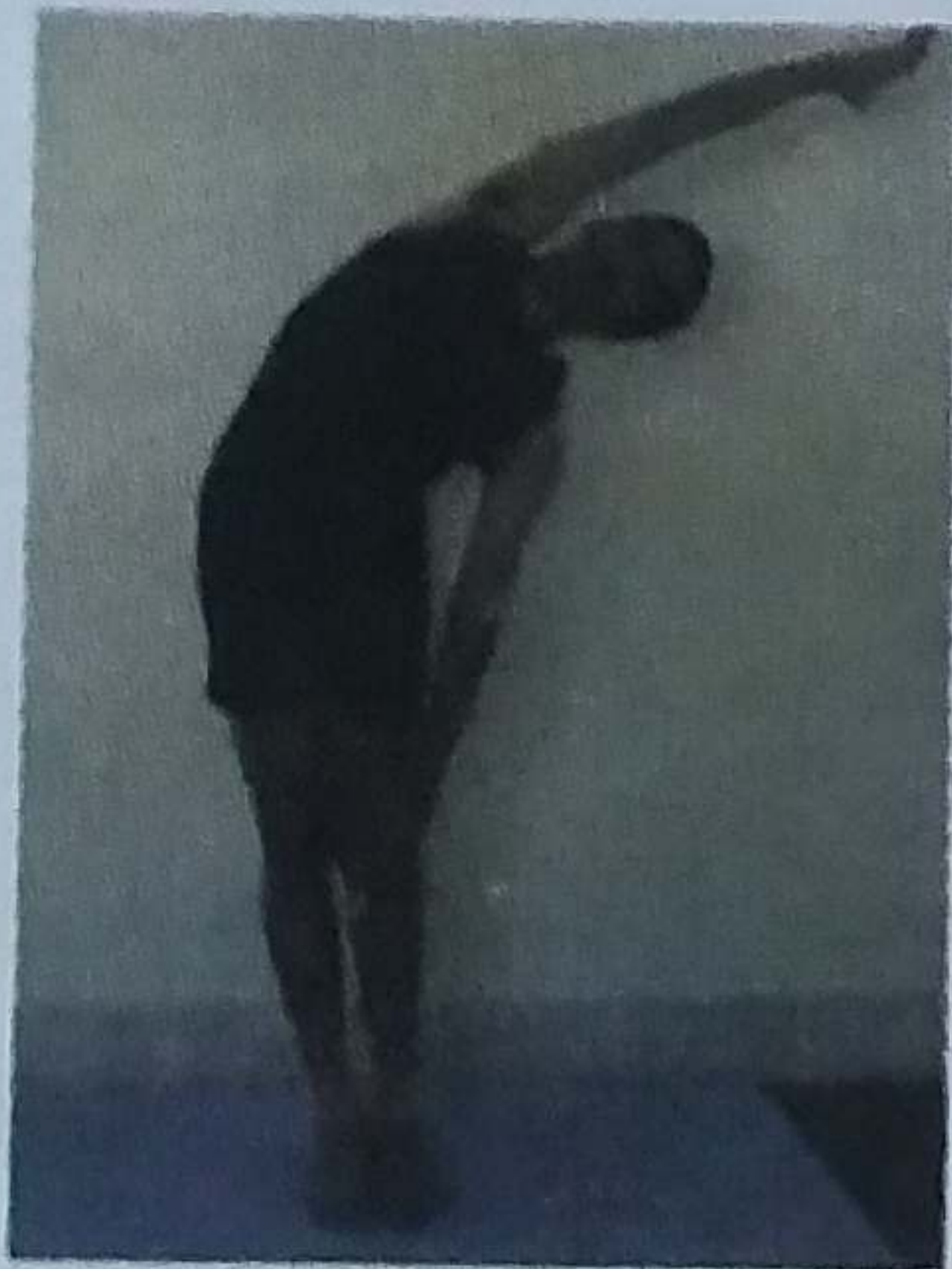
Pillow Exercise



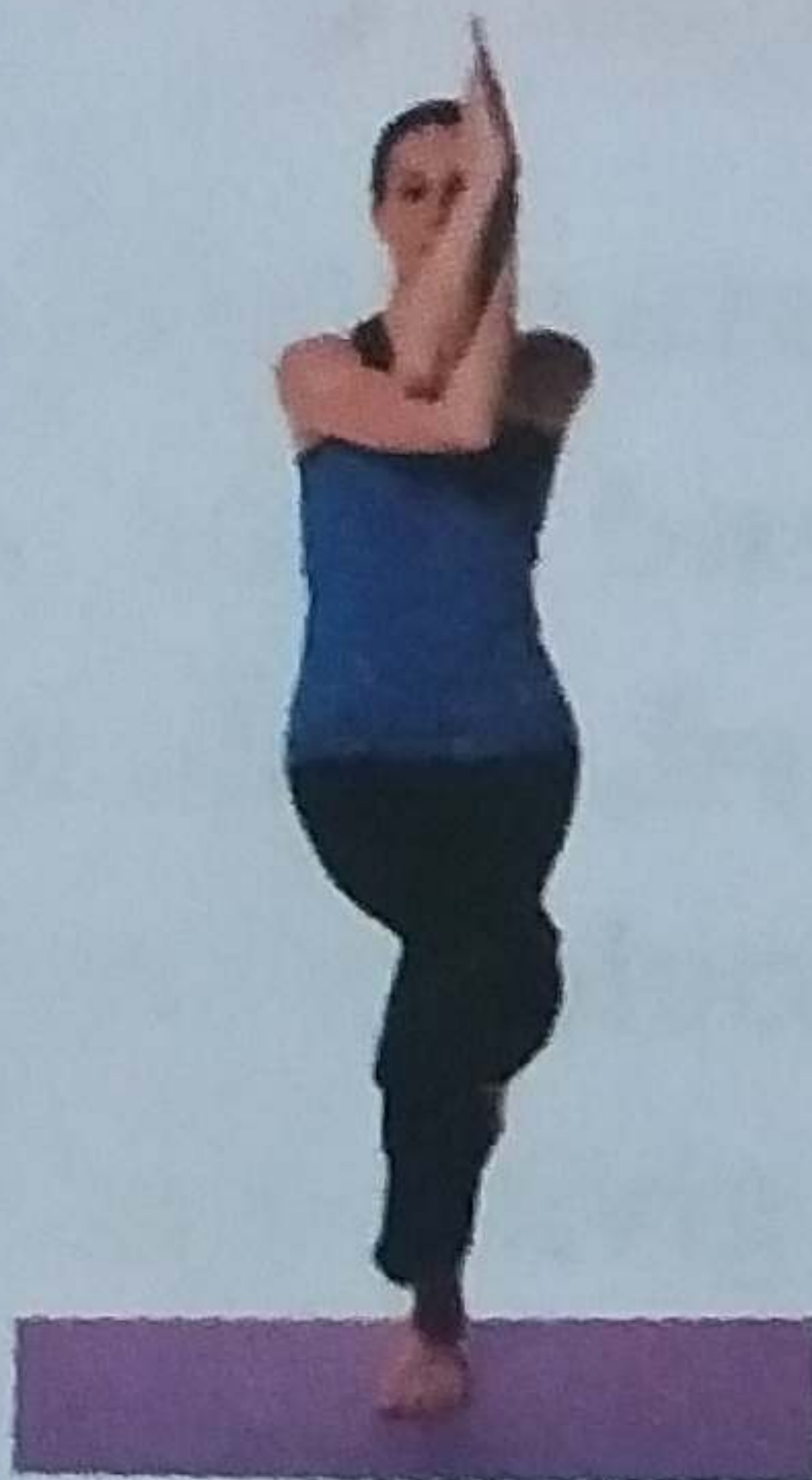
Normal Legs



Bow Legs



Ardh Chakra
Asana



Garud Asana



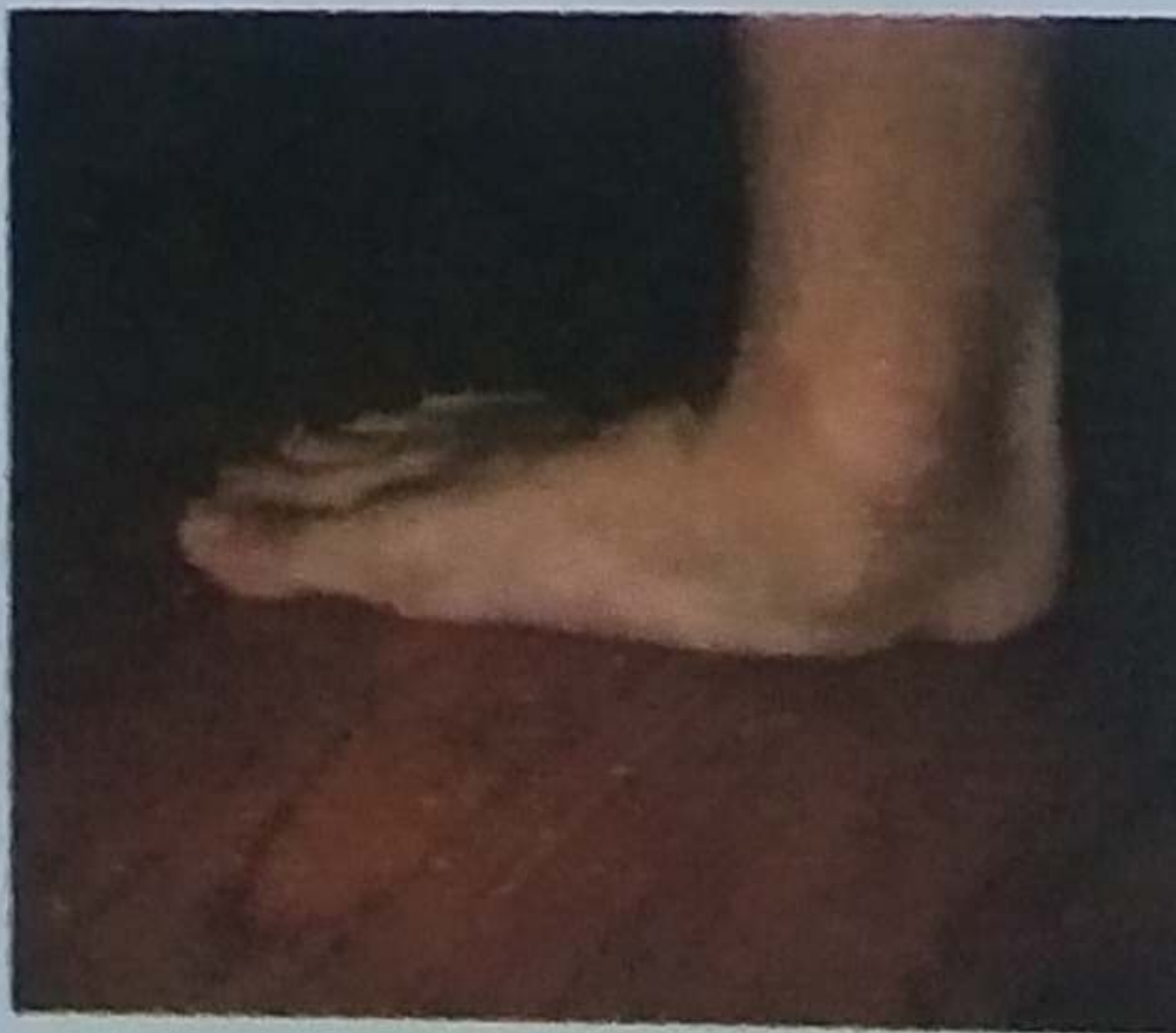
Ardh Matsyendra
Asana



Normal
Foot Print



Flat Foot Print



Flat Foot

Calf muscle

Calf stretch

Pulling Toe

Heel raises

Exercise with ball

Figure 2.20 Flat Feet Exercises