

# Wall Angel



Standing against a flat wall, heels should be about 6 inches away from the floorboard. Your whole back should be firm against the wall. This includes your thoracic spine and neck/head. From there bring your elbows and hands to the wall with palms facing forward. Elbows, wrists, and hands should all stay in contact while everything else does, too. If there is a point in this exercise that one of the above comes off the wall, that is your end point and you should work to get everything above to keep in contact with the wall while you continue breathing into your belly. When ready and everything stays in contact with the wall, slowly sit down into a wall squat while keeping everything in contact with the wall. At the bottom of the squat, hold for 3-5 seconds while breathing and then return to a stand. Breath and motion should be slow and controlled with no elevation of the rib cage or loss of contact of any body part from the wall. Perform 3-5 reps daily to build postural strength.



In Motion Spine & Joint Center

5242 Main Street

Spring Hill, TN 37174