



## Postural Release Points (PRP)

Points of tension tend to be painful or sensitive. These will reduce with these exercises. The purpose of this is to improve your posture and energy and help your adjustments hold for longer. Repeat 5 times daily.



**Pectoralis Minor** – Lean into the wall, take a deep breath, let your shoulder go loose. Hold or Roll for 30 seconds.



**Iliacus** - Laying on stomach – Place ball in front of hip (feel for the groove), hold for 30 seconds and move down towards top of thigh.



**Calf** – Laying on ground – Place ball under calf – find most tender points and push down, hold for 30 seconds on each point.



**Upper Trapezius and First Rib** – Place ball on fleshy part of upper shoulder and find tender points. Lean back into the wall, take a deep breath, let your shoulder go loose. Hold or roll each point for 30 seconds.