

## **THERAPEUTIC EXERCISES: postural exercises**

IMPORTANT NOTICE: These exercises should not be performed without professional guidance. Each exercise is for a specific musculoskeletal problem.

While one exercise might help your particular condition, another one might hurt it; this is why it's important to see a Doctor Of Physical Therapy First!

FYZICAL Therapy & Balance Center in North Cape May - Best Physical Therapy and Rehabilitation Center in Cape May County, NJ



























