Physical Therapy
Activity of the Week

We like the witch’s pose because it really helps strengthen the back muscles and help with posture as well as body awareness.

Witch’s Pose

Lay down on the floor on your stomach.
Put your arms straight at your side and keep knees straight.
Lift and hold your head up and legs up for 10 seconds.

Owl Pose

Sit on floor in a ring sitting position with legs crossed.
Take a deep breath in and reach arms overhead like you are opening your owl wings.
Exhale and bring arms back down slowly.
Repeat this deep breathing exercise 5 times.