

BEFORE

Head forward

Chin pointing downwards

Nose in front of the line

Rounded upper back

Lower abdomen protruding

Body leaning forward from the hips

Arms hangs forward



AFTER

Head further back

Chin is level

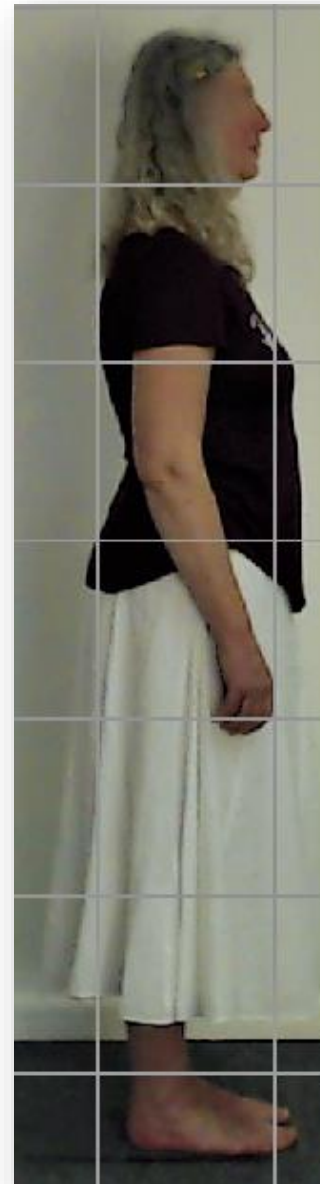
Nose well behind the line

Flatter upper back

Lower abdomen now flatter

Body upright

Arms hang more centrally



I'm amazed, for thirty years I have not been able to get my upper arm and hand back to the floor when lying on my back. Now I can!

Sandi R 2017

