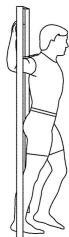


**Stretch Pectoral standing w/shld ER**

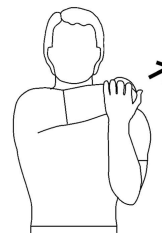


- Stand at doorway with forearms on door frame, elbows bent to 90 degrees.
- Keep back straight and step forward with one leg until a gentle stretch is felt across chest and in front of shoulders.

**Perform 1 set of 4 Repetitions, twice a day.**

Hold exercise for 20 Seconds.

**Stretch Rhomboids**



- Bring arm across in front of body as shown.
- Hold elbow with opposite arm.
- Gently pull across chest until a stretch is felt in the back of shoulder.
- Repeat with other arm

**Perform 1 set of 4 Repetitions, twice a day.**

Hold exercise for 20 Seconds.

**Stretch thoracic sidebend sidelying**



- Lie on side on firm surface.
- Position towel roll or small pillow under middle of back, as shown.
- Reach upward with arm at side of head.
- Roll over and repeat with other side.

**Perform 1 set of 4 Repetitions, twice a day.**

Use Towel.  
Hold exercise for 20 Seconds.

**Stretch thoracic rotn sidelying**



- Lie on side with hips and knees bent at 90 degrees.
- Place arms out in front, palms together.
- Slowly lift top arm up and gently lower to floor.
- Try to get upper arm, forearm, and hand on floor.
- Keep knees on floor.
- Return arm back to start position.
- Repeat stretch on other side.

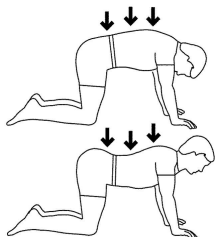
**Special Instructions:**

When raising arm back up, inhale first and exhale as arm is lifted.

**Perform 1 set of 4 Repetitions, twice a day.**

Hold exercise for 20 Seconds.

**AROM lumbar flx/ext quadruped (Cat-Camel combo)**

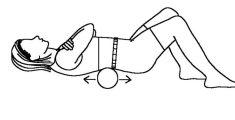


- Begin in 4 point kneeling, back in neutral position.
- Tuck chin in and continue by rounding back upward one segment at a time.
- Reverse by letting back arch one segment at a time, but keep neck in neutral at the end.

**Perform 3 sets of 20 Repetitions, once a day.**

Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

**Mob thoracic ext supine w/foam roll**



- Lie on back with foam roll under mid back, arms crossed over chest, knees bent.
- Lift up buttocks and roll back on foam roll extending back.
- Roll back and repeat.

**Perform 3 sets of 10 Repetitions, once a day.**

Use Foam Roll.  
Rest 1 Minute between sets.