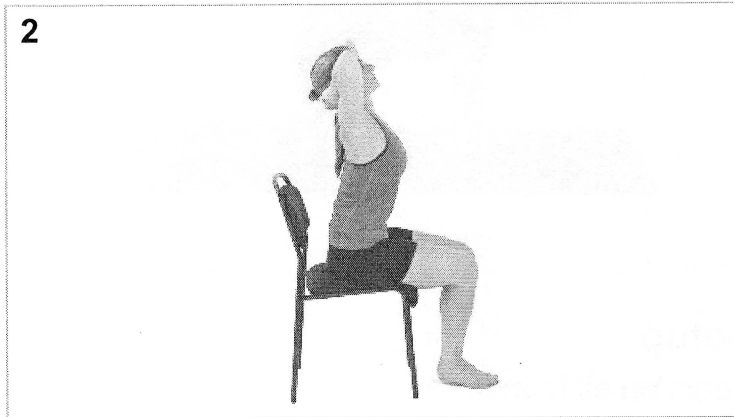


Seated Thoracic Extension with Hands Behind Neck

REPS: 3	SETS: 1	HOLD: X 5 SEC.	DAILY: 1
WEEKLY: 6			



Lean back against a short-back chair for support.

Setup

Begin sitting upright in a chair with your hands clasped behind your neck.

Movement

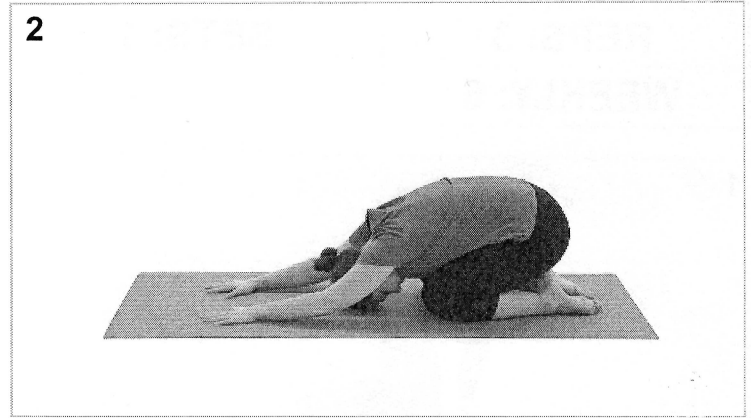
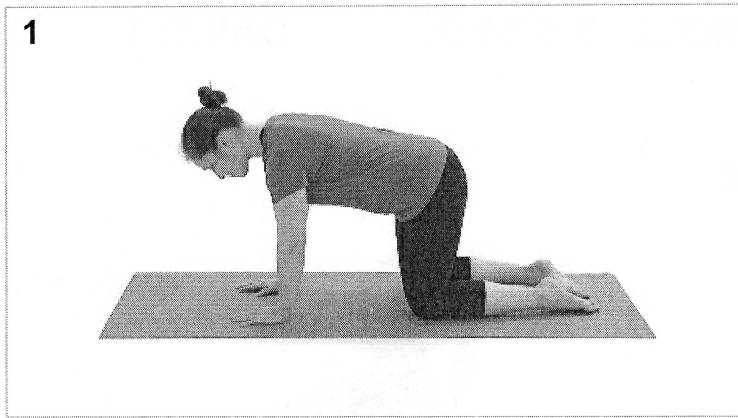
Slowly bend your head and neck backward, curving your upper back. Hold briefly, then return to the starting position and repeat.

Tip

Try to only bend your upper back, and keep your lower back still during the exercise.

Child's Pose Stretch

REPS: 3	SETS: 1	HOLD: X 5 SEC.	DAILY: 1
WEEKLY: 6			



Setup

Begin on all fours.

Movement

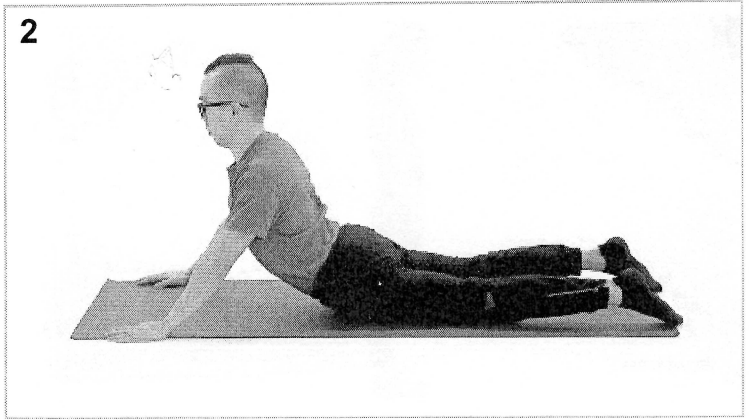
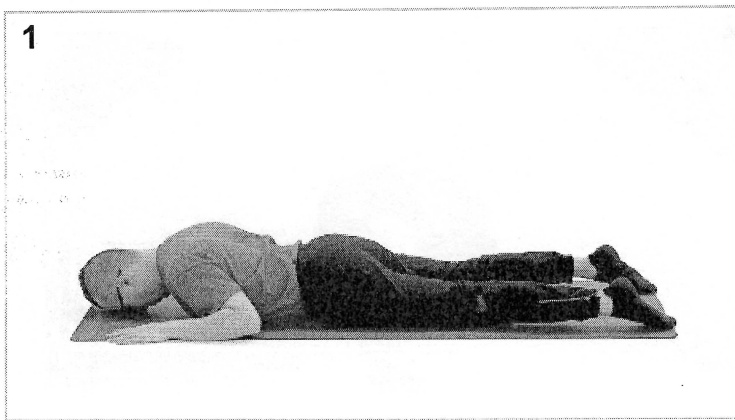
Sit your hips back while reaching your arms overhead and lowering your chest to the ground. Hold this position.

Tip

Make sure to relax into the pose and try to sit your bottom back to your heels as much as possible.

Prone Press Up

REPS: 3	SETS: 1	HOLD: X 5 SEC.	DAILY: 1
WEEKLY: 6			



Setup

Begin lying on your stomach, with your hands by your shoulders resting flat on the ground.

Movement

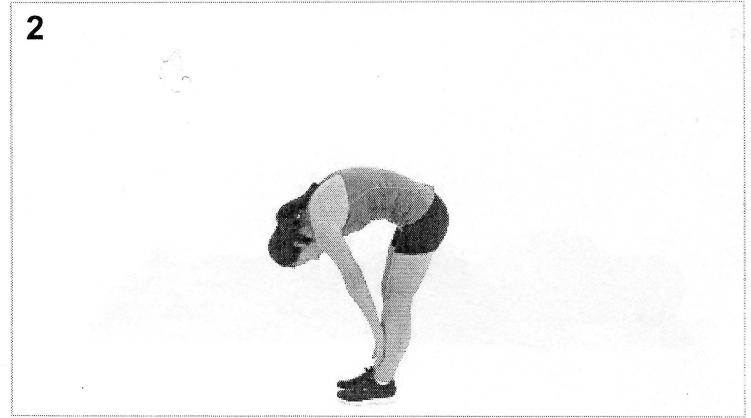
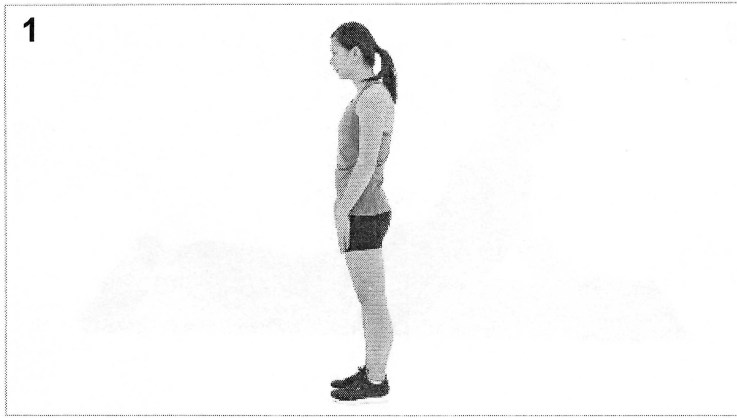
Push against the floor with your hands, bending your back upward.

Tip

Make sure to keep your hips in contact with the floor and maintain a gentle chin tuck throughout the exercise.

Standing Forward Trunk Flexion

REPS: 3	SETS: 1	HOLD: X 5 SEC.	DAILY: 1
WEEKLY: 6			



Setup

Begin in a standing upright position.

Movement

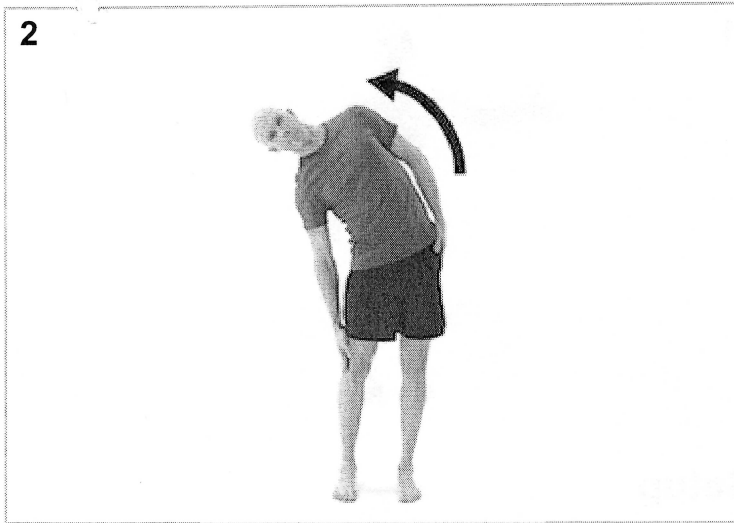
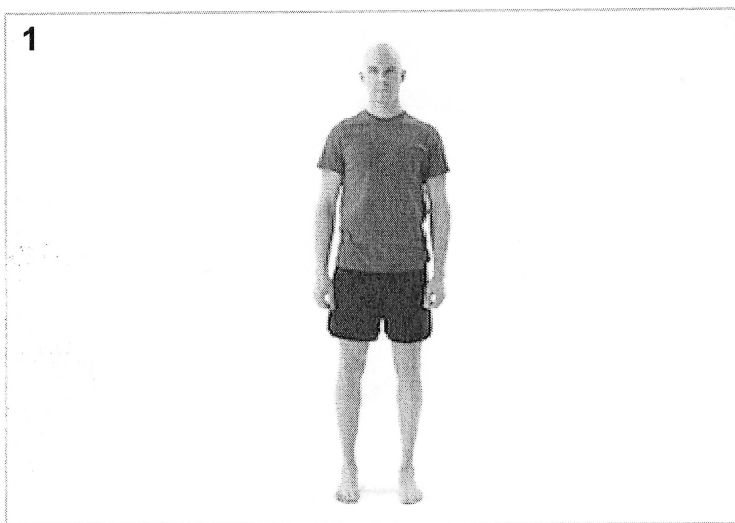
Slowly reach your hands toward your feet, hinging at your hips until you feel a stretch in the back of your legs. Hold this position.

Tip

Make sure to keep your knees straight without locking them during the stretch.

Standing Sidebends

REPS: 3	SETS: 1	HOLD: X 5 SEC.	DAILY: 1
WEEKLY: 6			



Raise arm over your head to stretch the lat's as well.

Setup

Begin in a standing upright position with your arms resting at your sides.

Movement

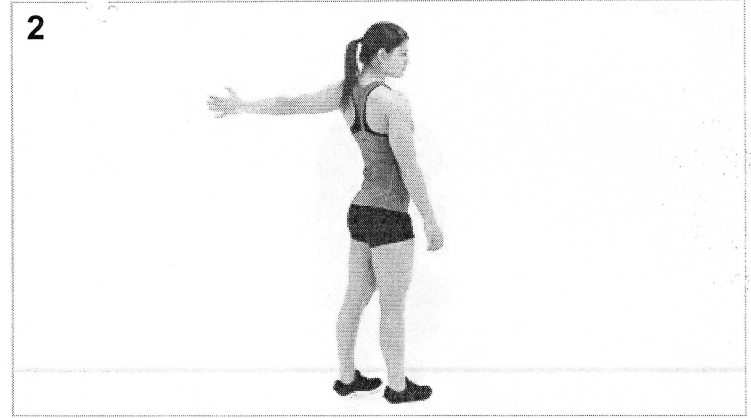
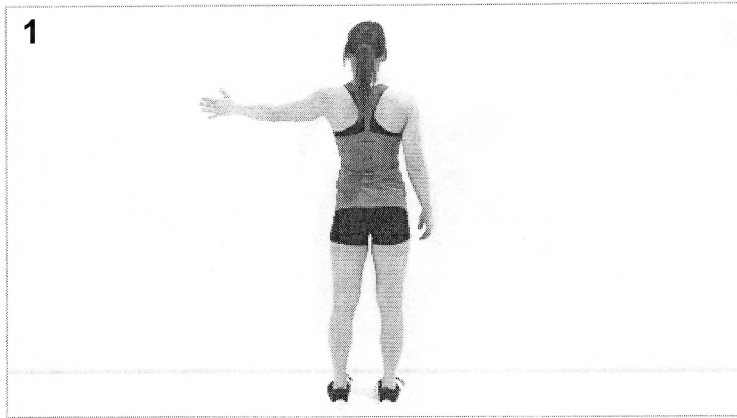
Slowly bend your trunk sideways, lowering your arm down your side, then return to the starting position and repeat on your other side.

Tip

Make sure to maintain your balance and do not bend your trunk forward or backward during the exercise.

Standing Pec Stretch at Wall

REPS: 3	SETS: 1	HOLD: X 5 SEC.	DAILY: 1
WEEKLY: 6			



Setup

Begin in a standing upright position facing a wall with your arm straight out to your side, and your hand resting on the wall.

Movement

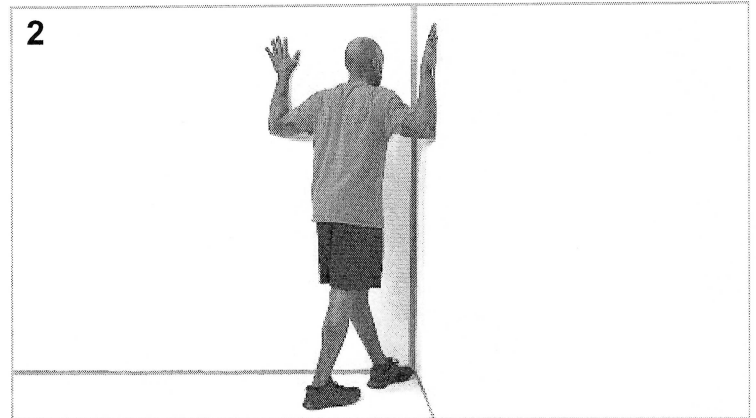
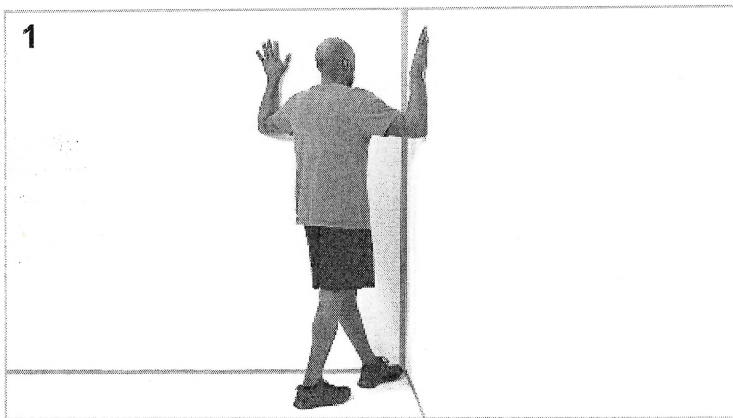
Rotate your trunk away from your arm until you feel a stretch in the front of your chest, and hold.

Tip

Make sure to only move in a pain free range of motion.

Corner pec stretch

REPS: 3	SETS: 1	HOLD: X 5 SEC.	DAILY: 1
WEEKLY: 6			



Setup

Begin in a standing upright position facing a corner. Place your forearms flat on the wall on each side of the corner with your elbows at shoulder height.

Movement

Slowly lean forward, taking a small step if needed, until you feel a gentle stretch in the front of your shoulders. Hold this position.

Tip

Make sure to keep your upper back and neck relaxed. Do not shrug your shoulders during the stretch.