

Upper trapezius stretch: Perform to both sides holding 10 - 15 seconds each.
*Head is looking straight ahead. * Lower the shoulder on the side you are stretching.*



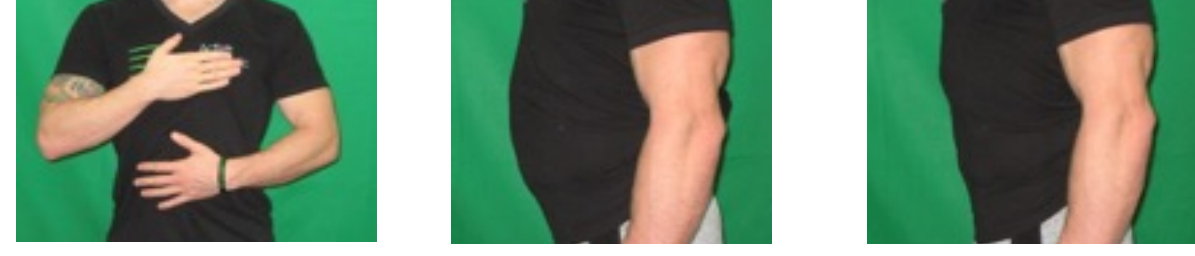
Pectoralis major and minor stretches: Perform 3 sets on each side holding 15 - 30 seconds.
*(Reverses forward shoulder posture). *Perform with arms both at 90 degrees and 145 degrees.*



Bruggar's stretch: Perform 3 sets holding 15 seconds. **Squeeze shoulders back and down.*



Cobra stretch: Hold for 5 seconds. Repeat 3-5 times. **Shoulders back and down. *Inhale on the way up.*
(Reinforces the normal curve of the lower back).

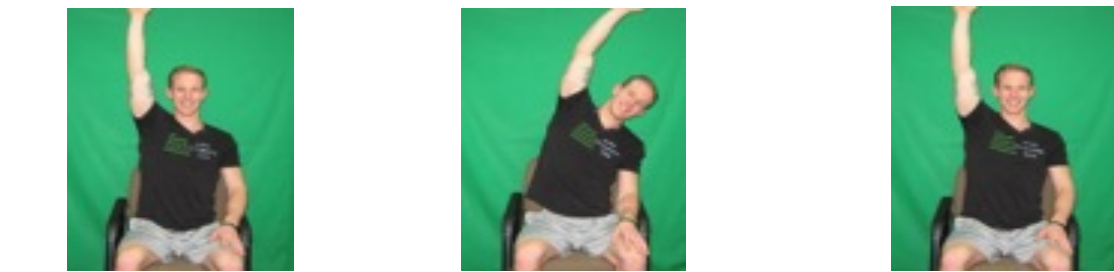


Diaphragmatic breathing : Perform 3 sets of 5 - 10 breaths.
** 1.) Push your stomach out while breathing in. 2.) Pull your stomach in while breathing out.*

**Do not perform stretches if you have any discomfort.*



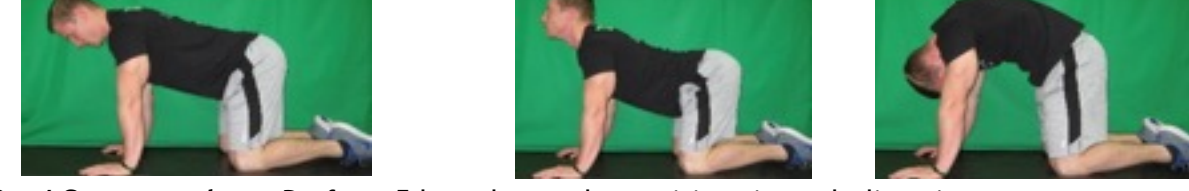
Rhomboid stretch : Perform on each side holding 15 - 20 seconds.
*(Stretches muscles between the shoulder blades) *To enhance stretch, hold on inhalation.*



Intercostal / Quadratus lumborum muscle stretches : Perform to each side for 15 - 30 seconds.
(Stretches muscles between and below the ribs) .
1. *Reach up and elongate the spine as much as comfortably possible.*
2. *Inhale feeling the lungs and ribs expand. Reach to the side and hold for 15 - 30 seconds.*
3. *Exhale, and return back to the starting point.* **Perform on both sides.*



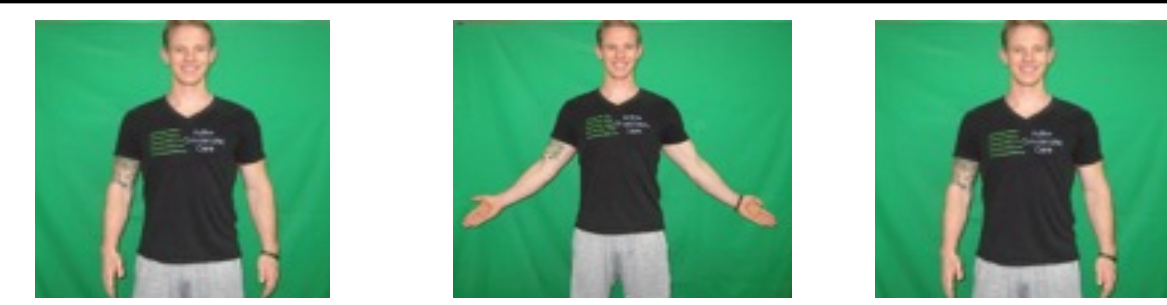
Extended child's pose : Perform to the center, right and left holding each for 15 seconds.
**Place emphasis under your arms for the most stretch in your middle back.*



Cat / Cow stretches : Perform 5 breathes and repetitions in each direction.
**Breathe in and push your stomach out as you arch your back down.*
**Breathe out and pull your stomach in as you arch your middle back upwards.*



Foam roller stretch / mobilization : Perform 5 repetitions in each direction.
**Raise your hips up as you move towards your feet, lower your hips as you move away.*



Bruggar's exercise : Perform 2-3 repetitions holding each for 15 seconds.
(Strengthens postural muscles and offsets the effects of sitting).



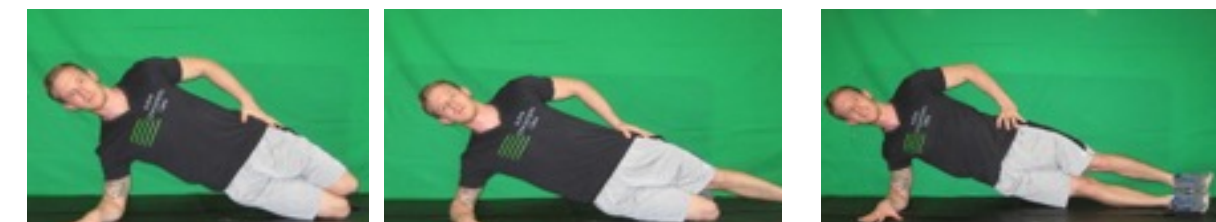
I's, Y's, T's exercises : Perform 3 - 5 repetitions in each direction.
*(Active Dynamic Warmup for the shoulder girdle). *Keep shoulders back and down.*



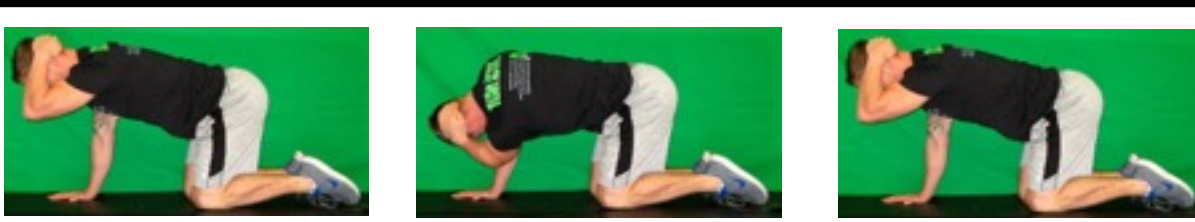
Superman exercise: Perform up to 3 sets of 10 - 15 repetitions. **Hands and feet lift off floor.*
*(Strengthens the middle back and postural muscles). * Hold each repetition for 2 - 5 seconds.*



Prone planks : Perform up to 3 sets. Hold for 10 - 60 seconds each.
*(Strengthens the core muscles) *Breathe in through your nose and out through your mouth.*



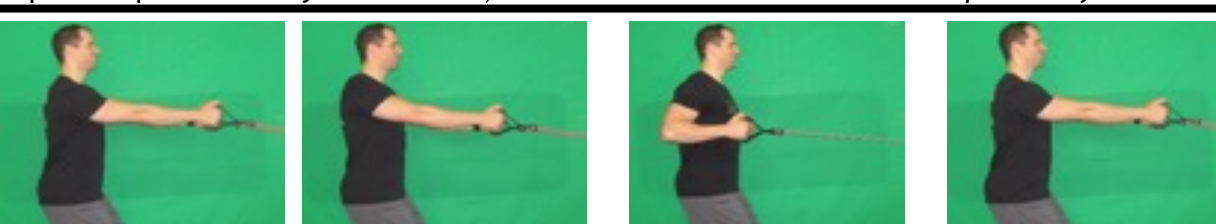
Side planks : Perform up to 3 sets. Hold for 10 - 30 seconds on each side.
*(Strengthens the core muscles) *Breathe in through the nose and out through the mouth.*
** Do not perform exercises if you have any discomfort.*



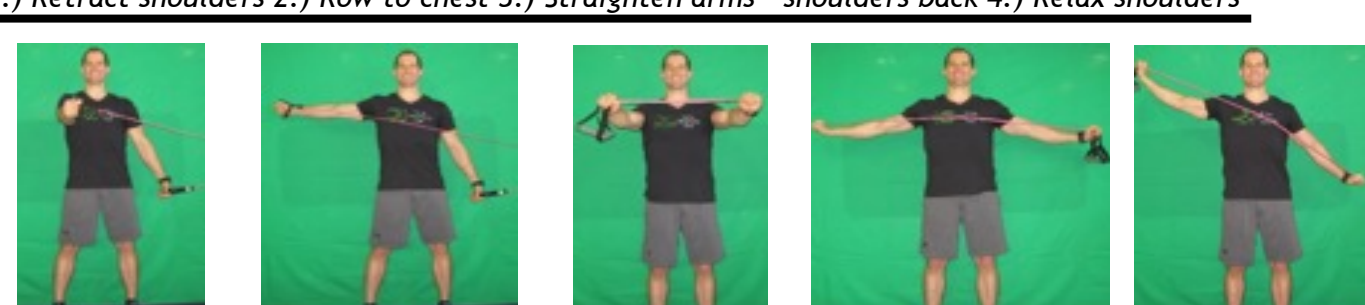
Thoracic rotation exercise: Perform 10 - 15 repetitions to each side.
*(Promotes movement for rotational sports). *Breathe out when crunching.*



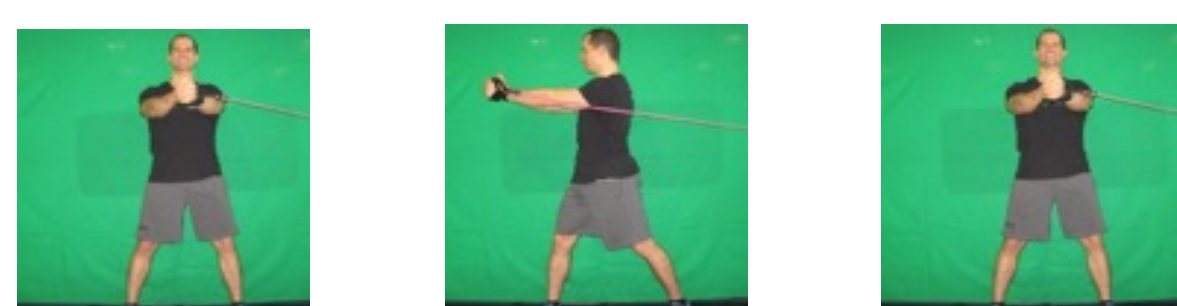
Bird / Dog exercises : Perform up to 3 sets of 10 - 15 repetitions on each side.
*(Improves spinal stability and balance). * Hold each repetition for 2 - 5 seconds.*



Scapular retraction exercise : Perform 2-3 sets of 10 - 15 repetitions.
1.) *Retract shoulders 2.) Row to chest 3.) Straighten arms - shoulders back 4.) Relax shoulders*



Straight arm abduction exercises : Perform 3 sets of 10 - 15 repetitions for each variation.



Core rotations with band : Perform up to 3 sets of 10 - 15 repetitions on each side.
*(Strengthens core for rotational sports). *Breathe out as you rotate away from anchor.*
** Do not perform exercises if you have any discomfort.*