
Arm Circles on Swiss Ball

REPS: 10

SETS: 1



Setup

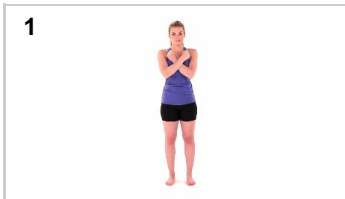
Begin sitting upright or standing. Raise your arms directly to your sides with your elbows straight.

Movement

Make small circles with your arms, first in one direction, and then in the other.

Standing Lumbar Rotation Stretch

REPS: 5



Setup

Begin in a standing upright position with your arms crossed over your chest.

Movement

Slowly rotate your body to one side until you feel a stretch in your back. Hold briefly, then repeat to the other side.

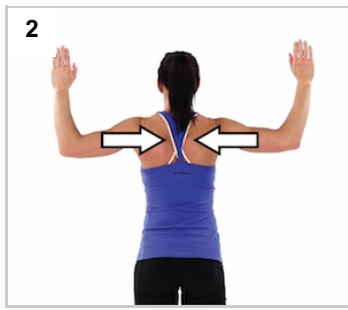
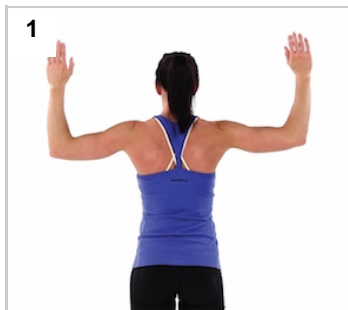
Tip

Try not to arch your back during the exercise, and move your head and your trunk at the same time.

Standing Scapula "I,T,W,Y,X"

REPS: 7

SETS: 1-2



Setup

Begin in a standing upright position, knees soft. Then, keeping your back straight, bend over at the hips.

Movement

With your arms straight - Bring your hands by your hips, to make a letter "I" with your body - gently squeezing your shoulder blades together, then relax and repeat.

Next, bring your arms out from your body at a 90 degrees angle to make a "T" with your body. Repeat.

Then bend your arms and elbows to make a letter "W." Repeat.

Next, bring your arms up at an angle overhead to make the letter "Y." Repeat.

Finally, bring one arm up and one arm down, pause and switch arm positions to then make the letter "W."

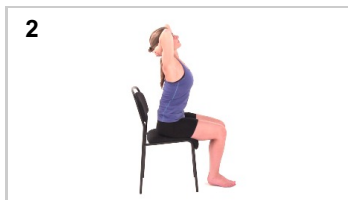
Tip

Make sure to keep your back straight. Do all reps in one position before moving to the next.

Seated Thoracic Extension with Hands Behind Neck

REPS: 5

HOLD: 5 SECONDS



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.

First Rib Mobilization with Strap

REPS: 5

HOLD: 5 SECONDS



Setup

Begin in a sitting upright position with a strap wrapped over the middle of one shoulder.

Movement

Bend your head toward that shoulder, then pull down on the strap and bend your head towards your opposite shoulder. Hold this position.

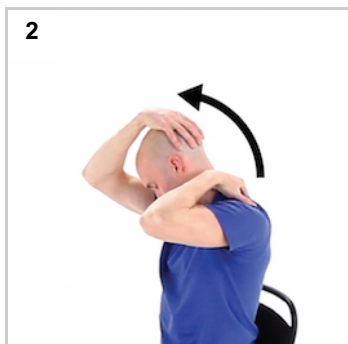
Tip

Make sure to keep your back straight throughout the exercise.

Seated Levator Scapulae Stretch

REPS: 2

HOLD: 15



Setup

Begin in a sitting position. Place one hand on your shoulder and your other hand on your head.

Movement

Gently bend your head forward and away from your shoulder blade until you feel a gentle stretch in your upper back and neck. Repeat to the other side.

Tip

Make sure to keep your back straight during the exercise.
