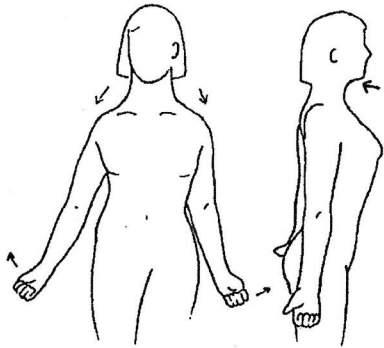


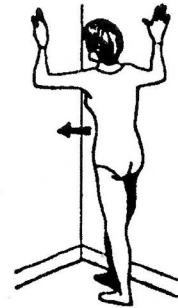


Thoracic Spine & Postural Stretches



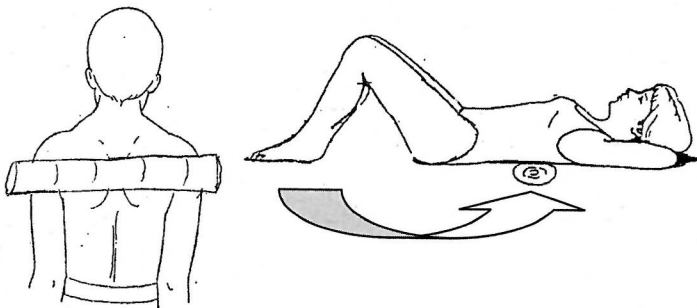
HEAD AND SCAPULAR RETRACTION

Pull chin straight back (without tucking it down). Squeeze shoulder blades down and together, then rotate palms outward and hold.



PECTORALS

Stand either in a doorway or facing a corner. Place your palms/forearms on each side of the corner or doorframe. Place one foot in front of the other and lean your chest forward and hold. Support your body with your legs, not with your arms. Keep your head and chest up in a good posture.



THORACIC TOWEL ROLL STRETCH

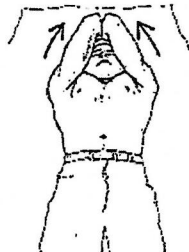
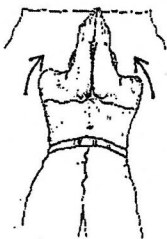
Lie on your back with knees bent, and place a towel roll across shoulder blades. Relax for as long as tolerated up to 5 minutes, 1-3 times per day. As this becomes more tolerable, raise arms above head and tuck chin for a better stretch. To stretch chest muscles, tuck chin and place arms at sides, elbows bent and positioned at 90 degrees. **ALTERNATE:** Place towel vertically.



TRIGGER POINT RELEASE

Using a Theracane, tennis ball, or trigger ball, give gentle direct pressure to tight muscles and knots. Hold or gently massage areas 60-90 seconds each, once daily. Tip: Placing two tennis balls in a sock works well to release the suboccipitals and improve headaches; use the tennis ball against the wall for knots along shoulder blades.

LOWER TRAPEZIUS MOBILIZATION



Step 1: Sit, stand or lie on your back. Place your elbows, forearms and palms together in front of your chest.

Step 2: Keep your elbows as close together as possible while you raise your elbows over head.

Step 3: Turn your palms up then out. If lying, try to lower your arms to the floor.

Step 4: Lower your elbows down the sides of your body. If lying, continue to keep your elbows in contact with the floor. Keep palms turned out as if you're opening curtains.

Step 5: Straighten your elbows and pull your hands down along you sides. Pause and relax while breathing slowly. Repeat the stretch 2-3 times.