

Cervical/Thoracic

.For all stretches - Please perform all stretches a minimum of three (3) times a day, every day. Go deep enough into the stretch to experience a mild pulling sensation and hold for a minimum of 30 seconds.

Door Stretch - Palms forward and elbows at 90 degrees. Place front of palms and elbows against doorframe, stagger your feet and lean forward to the point of a mild stretch through the chest.

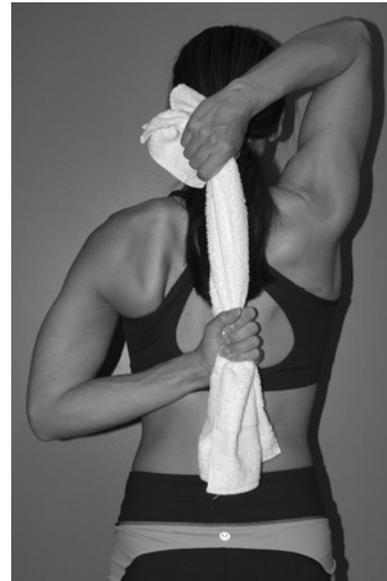
Thoracic Spine Extension - Both arms behind your back, grasp one wrist and pull both arms downward. Also extend head backwards and look up to the sky. Let your shoulders rotate outward while performing this stretch and hold.



Lateral Flexion - Pull left arm down and across back and laterally flex head to the right.



Thoracic Extension - Lie on your back on a ball/foam roller, bring arms to 90 degrees at shoulder and elbow, extend neck and back as far as possible.



Shoulders - With good posture, grasp a towel as shown. With top arm pull upwards for 30 seconds, and then with bottom arm pull downwards for 30 seconds.



Scapular Retractors/Extenders - In a full squat, grasp an immovable object and lean back as far as possible.

