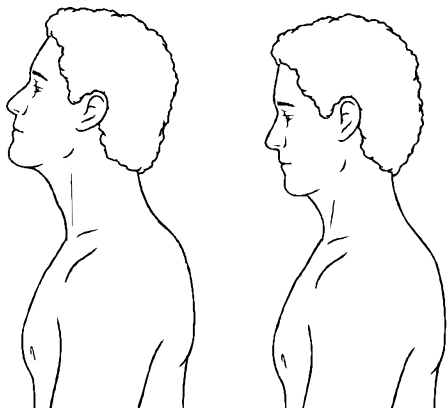


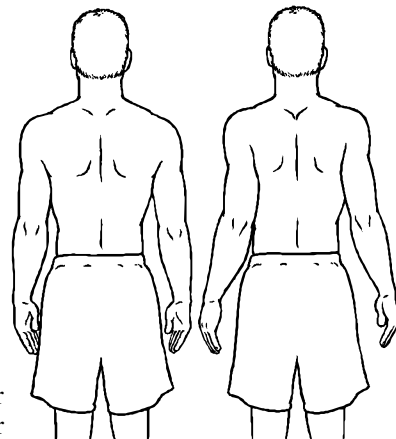
Chin Tuck



Tuck chin and gently nod downwards. You should feel a stretch at the back of your neck.

SHOULDER - 101 Scapular Retraction (Standing)

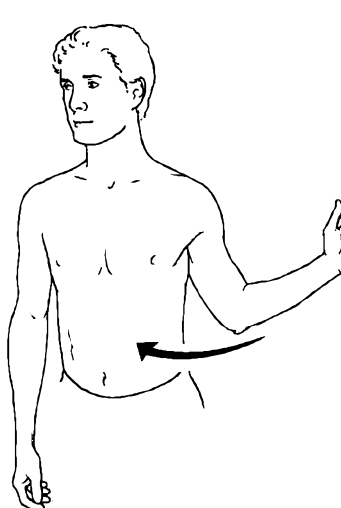
With arms at sides, pinch shoulder blades together.



Repeat throughout the day as you remember. Remember to keep your rib cage pulling together as well!

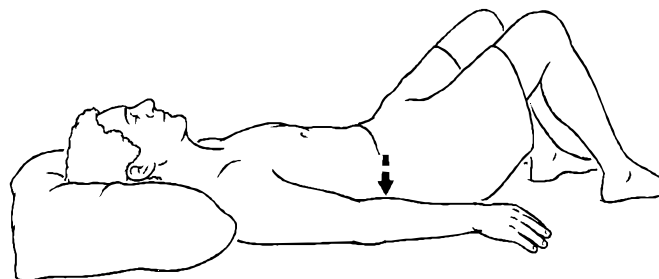
Pect. Stretch

Start by putting your hand against the wall. Turn body from fixed hand laying the arm against the wall as you turn. Go until a stretch is felt. Hold 30 seconds.



Repeat on the other side.

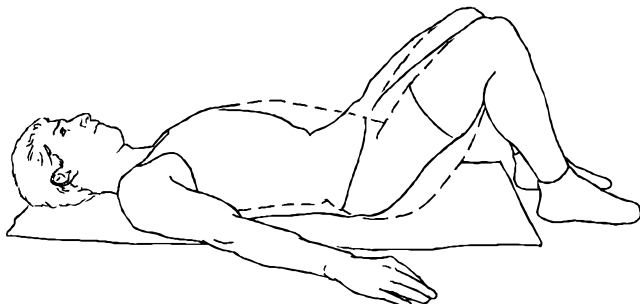
TRUNK STABILITY - 4 Breathing in Neutral Spine



Lie on back with knees bent. As you exhale, pull abdominals in towards spine. Hold 2-5 seconds. Keep your tail bone down, your buttocks relaxed. Don not let your spine move.

Be sure not to tense your shoulders and neck.

BEGINNER - 3 Coccyx Curl



Lie on back, legs bent. Exhale, pull stomach in, tighten abs then squeeze bottom and roll up through your spine to flatten your back. Inhale, rolling back down through the spine. Allow your head to rock gently while doing this exercise.

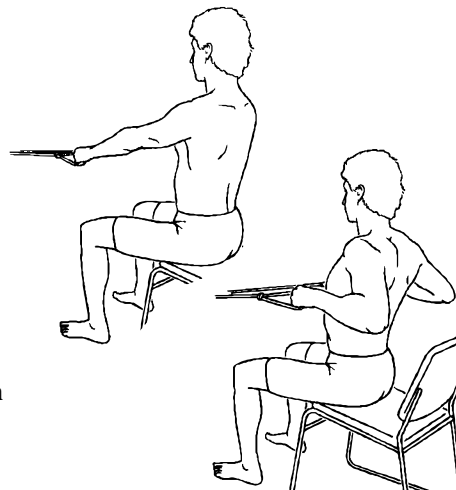
Repeat 6 times.

BACK - 43 Scapular Retraction: Bilateral

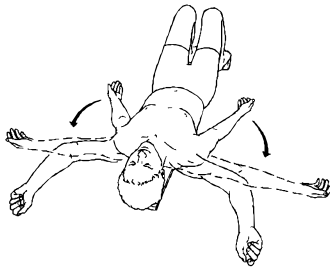
Facing anchor, pull arms back, bringing shoulder blades together.

Repeat 10 times per set. Ideally, 3 sets oer day.

this can also be done standing with your knees flexed slightly and stomach tight.



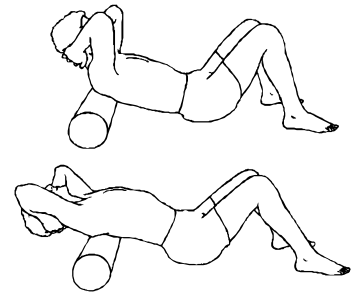
SUPINE - 23 Arm Sweep: Angels in the Snow



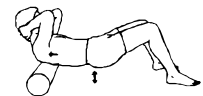
Lie with the roller along your spine. move hands up and over your head (together), then open and sweep your arms down along your sides. Repeat this 3-4 times and when you reach a position where you feel tightness, hold for about 30 seconds. If you feel discomfort in your shoulders with the motion, hold your arms out to the sides only and do not sweep them around.

SUPINE - 9 Thoracic: Mobilization

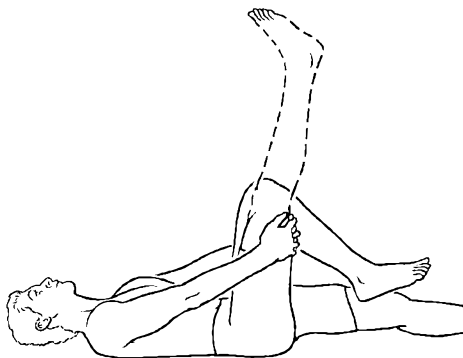
Lie with upper back across horizontal roller, knees bent, arms clasped behind head. Lift buttocks slightly off floor and roll trunk forward and back. As you roll back, bring your chin in, as you roll forward, relax for a stretch of the upper back.



If you do not have a roller, you can stretch your arms over the back of a chair while sitting, and stretch the upper back over the chair.



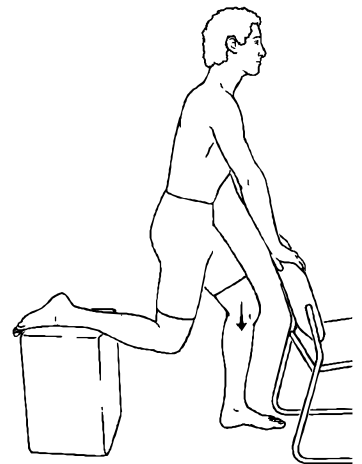
BACK - 34 Hamstring Stretch: Active



Put a strap around your foot and extend it straight up. Keep hips down the whole time. Hold 60 seconds. Take your leg slightly across your body to increase the stretch in your lateral leg. Repeat on the other side.

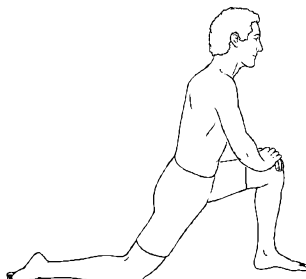
HIP / KNEE - 61 Stretching: Hip Flexor (Modified)

With one leg supported, chair in front for balance, slowly bend other leg until stretch is felt in thigh of supported leg. Or you can hold back leg in hand, pulling foot towards the floor. Make sure spine stays neutral and your bottom is tucked in. Hold 30 seconds.



Repeat on the other side.

HIP / KNEE - 34 Stretching: Hip Flexor



Kneeling on one knee, lunge forward on the other knee. Make sure that you are not twisting and that you are not feeling anything in your spine. Tighten your abs and glutes to feel an increase in the stretch. You can also try to lift the back knee.

Hold 30 seconds- 1 minute.

Sitting Against the Wall

Lean against wall with feet well out in front of you, slide down the wall keeping stomach and buttocks tight. Do not tuck your pelvis under. (make sure that knee does not bend beyond your big toe). Hold this position, trying to place the back of your head against the wall along with your bottom and shoulders. Try to step away from the wall keeping this posture. You may not be able to get your head to the wall, but this would be a wonderful goal!

