

## COMMENTS:

All of these movements should be performed at a "light to medium" level of stretch intensity. You should not be feeling any increase in pain during or after the exercises. If you do, please discontinue the exercise.

1



### UPPER TRAP STRETCH - HOLDING CHAIR

While sitting in a chair, hold the seat with one hand and bend your head towards the opposite side for a gentle stretch to the side of the neck.

Repeat 3 Times  
Hold 15 Seconds  
Complete 1 Set  
Perform 2 Times a Day  
Video # VVNKH9NK6

2



### RHOMBOID AND MIDDLE TRAP STRETCH - CLASPED HAND

Interlace your fingers and then draw your hands forwards until a stretch is felt along your upper back.

Repeat 3 Times  
Hold 15 Seconds  
Complete 1 Set  
Perform 2 Times a Day  
Video # VVMVPQX76

NOTE: You can vary the angle of your arms downward to stretch different muscle fibers along your back.

3



### TRUNK EXTENSION - TOWEL - AROM - MOBILIZATION

While sitting in a chair, extend your thoracic spine backwards over a rolled up towel against the back rest.

Repeat 3 Times  
Hold 5 Seconds  
Complete 1 Set  
Perform 2 Times a Day  
Video # VVKWZP32W

4



### SEATED LATERAL TRUNK STRETCH

While in a seated position, raise up your arm and bend to the opposite side for a stretch.

Repeat 2 Times  
Hold 5 Seconds  
Complete 1 Set  
Perform 2 Times a Day

5



### Thoracic Rotation (Seated)

In a seated position take both hands and place them at your side. Pull to that side with your arms. Rotate your trunk and neck to the same side. Keep the head and neck down. You should feel a stretch in your neck, upper/mid back.

Repeat 2 Times  
Hold 5 Seconds  
Complete 1 Set  
Perform 2 Times a Day

(Hold for 2 deep breaths and switch sides)

6



### 90 degree Pec stretch

Step into doorway with one foot in front of other. Elbows even with shoulders, use hips to push forward into doorway.

Repeat 3 Times  
Hold 30 Seconds  
Complete 3 Sets  
Perform 2 Times a Day