

Notes from your Provider

This is not a substitute for medical advice or an assessment by your physician or physical therapist.



Seated Thoracic Extension Arms Overhead

REPS: 10-15 | SETS: 3 | WEEKLY: 5x | DAILY: 1x

Setup

- Begin sitting upright in a chair with a straight back that goes midway up your back.

Movement

- Clasp your hands overhead and slowly lean backwards, arching your back over the back of the chair, and hold.

Tip

- Make sure not to slide forward on the chair.



Shoulder Extension Palms Back

REPS: 10-15 | SETS: 3 | WEEKLY: 5x | DAILY: 1x

Setup

- Begin in a standing upright position with your arms resting at your sides.

Movement

- Lift your arms backward as far as is comfortably possible.

Tip

- Make sure to keep your elbows straight and maintain good posture during the exercise.



Standing Shoulder Internal Rotation Stretch with Towel

REPS: 10-15 | SETS: 3 | WEEKLY: 5x | DAILY: 1x

Setup

- Begin in a standing position, holding both ends of a towel in each hand, with one arm behind your head and the other behind your mid to low back.

Movement

- Slowly straighten your upper arm, gently pulling upward on the towel, and hold when you feel a stretch.

Tip

- Make sure to keep your back straight during the exercise.



Standing Overhead Shoulder External Rotation Stretch with Towel

REPS: 10-15 | SETS: 3 | WEEKLY: 5x | DAILY: 1x

Setup

- Begin in a standing upright position, holding the ends of a towel in each hand, with one arm behind your head and the other behind your back.

Movement

- Slowly straighten your bottom arm, gently pulling downward on the towel until you feel a stretch in your top arm. Hold this position.

Tip

- Make sure to maintain an upright posture and keep your neck relaxed during the exercise.