

**Notes :**

**1 Stretching rhomboids**



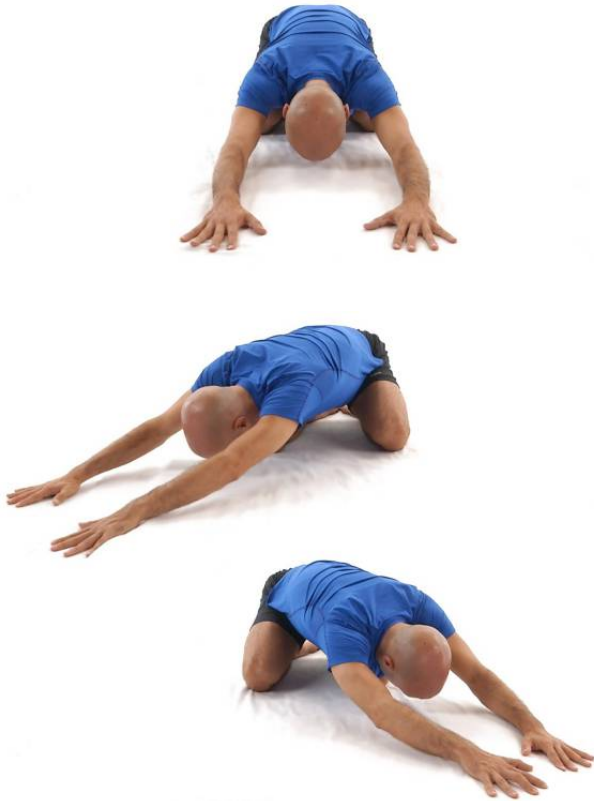
Sets: 1 Reps: 3 Hold: 20 sec Rest: 5sec  
Stand and raise your arms forward, grasping your hands together.  
Spread your shoulder blades apart by pulling your arms forward until you feel a stretch between your shoulder blades.  
Maintain the stretch and relax.

**2 Horiz. abd./ext. rot. stretch**



Sets: 1 Reps: 3 Hold: 20 sec Rest: 5sec  
Stand straight with your legs comfortably apart and your chin tucked in.  
Raise both arms and clasp your hands behind your head.  
Push your elbows back as much as you can.  
Maintain the position and relax.

### 3 Mid back rotation stretch



Sets: 1 Reps: 3 Hold: 20 sec Rest: 5sec  
Start on all fours and push your hips back so your buttocks rest on your heels. You may want to have your knees apart to be more comfortable.  
Reach forward with your hands and hold the stretch.  
Next, reach to one side with both hands and hold the stretch.  
Then, reach to the other side and hold the stretch.

### 4 Cat and dog stretch



Sets: 1 Reps: 3 Hold: 20 sec Rest: 5sec  
Start on all fours with your back straight, hands under the shoulders and knees under the hips.  
To do the dog stretch, slowly inhale and let the belly fall toward the floor to arch the back and extend the head at the same time.  
To do the cat stretch, slowly exhale, round the back and tuck the chin to the chest.  
Alternate between these two positions slowly.

**5 Thoracic rotation**



Sets: 1 Reps: 3 Hold: 20 sec Rest: 5sec  
 Lie on your side with the hips and knees bent in front of you.  
 Both hands are placed together in front of your chest.  
 Keep the bottom arm on the floor, roll back and have the top arm reach back toward the floor, opening up the chest. Make sure you keep your arm in line with the collar bone to preserve the shoulder's integrity.  
 Think about bringing your shoulder blade down to the floor.

**6 Thoracic rotation**



Sets: 1 Reps: 5 each side Hold: 3sec  
 Start on your knees with your butt on your heels and one arm down on the floor between your knees.  
 Put the other hand behind the head.  
 Lift your elbow up and rotate the torso as much as possible without moving your hips.



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**Thoracic 1**

Client

**Amir Watynski**

Maintain the position and return slowly to the starting position.

## 7 Thoracic rotation



Sets: 1 Reps: 5 each side Hold: 3 sec  
Start on your knees with your buttocks on your heels and one arm down on the floor between your knees.  
Put the other hand behind your lower back.  
Rotate the torso as much as possible without losing your original position.

## 8 Upper trunk rotation in all fours



Sets: 1 Reps: 5 each side Hold: 3 sec  
Start on all fours and place one hand behind your head.  
Lift the elbow up and behind while you rotate at the thoracic region.  
Gently come back to the starting position and repeat.

## 9 Trunk/shoulder mobility



Sets: 1 Reps: 5 Hold: 3sec top and under  
In a quadruped position, knees together and hands under the shoulders, reach under with one hand, come back and rotate the trunk to raise the hand toward the ceiling. Increase the range of motion progressively. You can rotate the trunk but do not lift the knees off the floor.