



<p>Client: Pro Motion PT https://www.physiotec.ca User: ttd2hfut7fjez93 Pswd: WkeZJwb9</p>	<p>Notes: []</p>
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1. Thoracic extension

-Sit all the way back in a chair that is stable (no wheels) so that your back is leaning on the backrest.
 -Put your hands on your shoulders with your elbows toward the ceiling.
 -Extend over the chair in a pain free range of motion and then return to the starting position.



Repetition: 10



Frequency: 1-2x/day

Hold: 2-3 seconds sec.

2. Shoulder blade squeeze

-Tuck your chin slightly and keep your spine tall. Can perform seated or standing.
 -With your arms relaxed by your side, squeeze your shoulder blades together without shrugging them.
 -Gently relax the position and repeat.



Repetition: 10



Frequency: 1-2x/day

Hold: 2-3 seconds sec.

3. Retraction/elongation

Stand or sit tall. Focus on an object at eye level while you slowly tuck your chin inward and pull yourself up as if the back of your head upward. Maintain the position and relax.



Repetition: 10



Frequency: 1-2x/day

Hold: 2-3 seconds sec.



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4. Active cervical side bending

Stand or sit tall.
Without rotating your head, slowly tilt your head sideways to bring your ear to your shoulder.
Return to the neutral position and repeat.



Repetition: 5 each side

Frequency: 1-2x/day

Hold: 5 seconds sec.