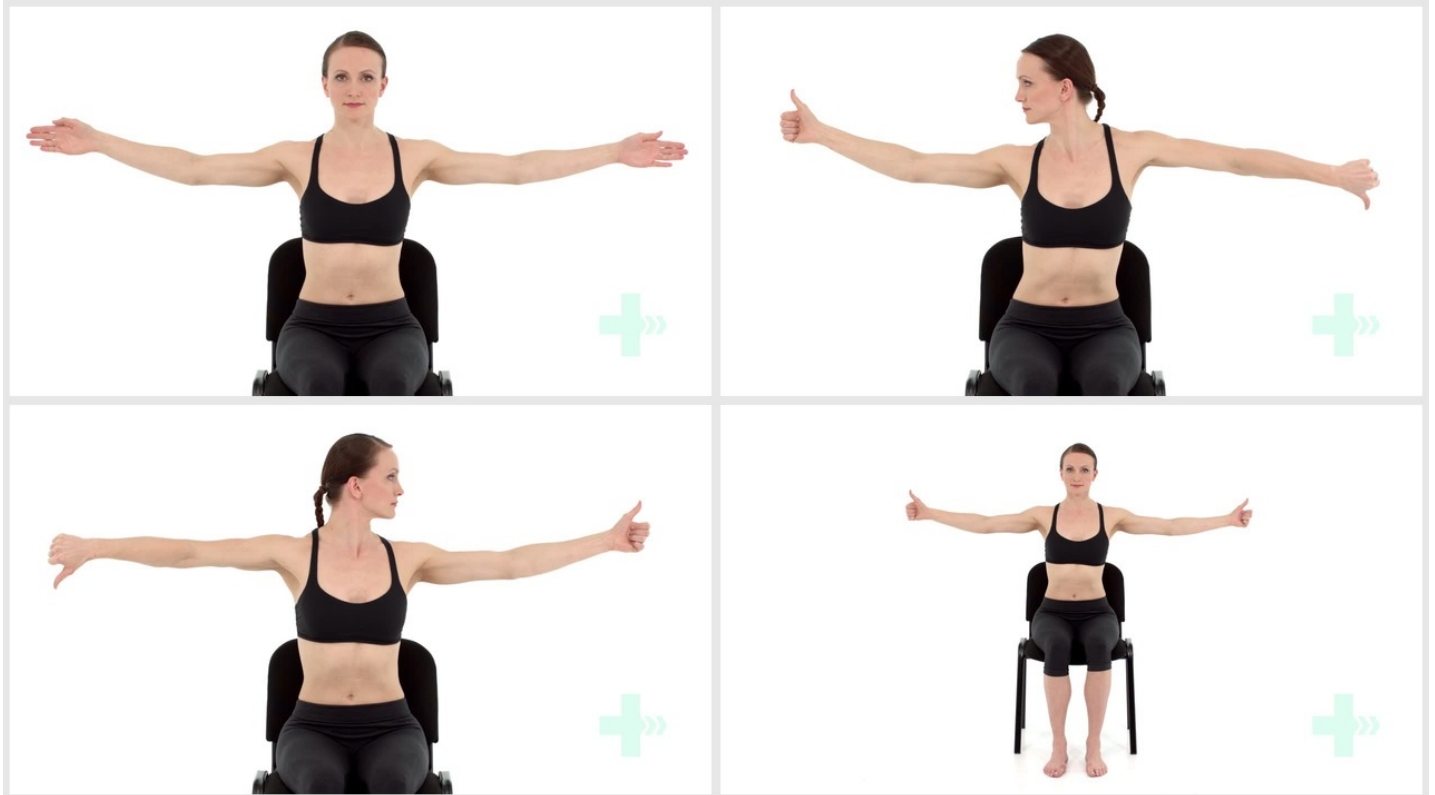


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1. Cervical/thoracic rotation AROM, rotating abducted arms, opposite, sitting

3 Sets / 5 Reps / 10 s hold



Sit up straight in a chair and hold both arms out to your sides at shoulder height.

Ensure your weight falls through your seat bones, your back is straight and your gaze is directly ahead.

Make a thumbs up with both hands.

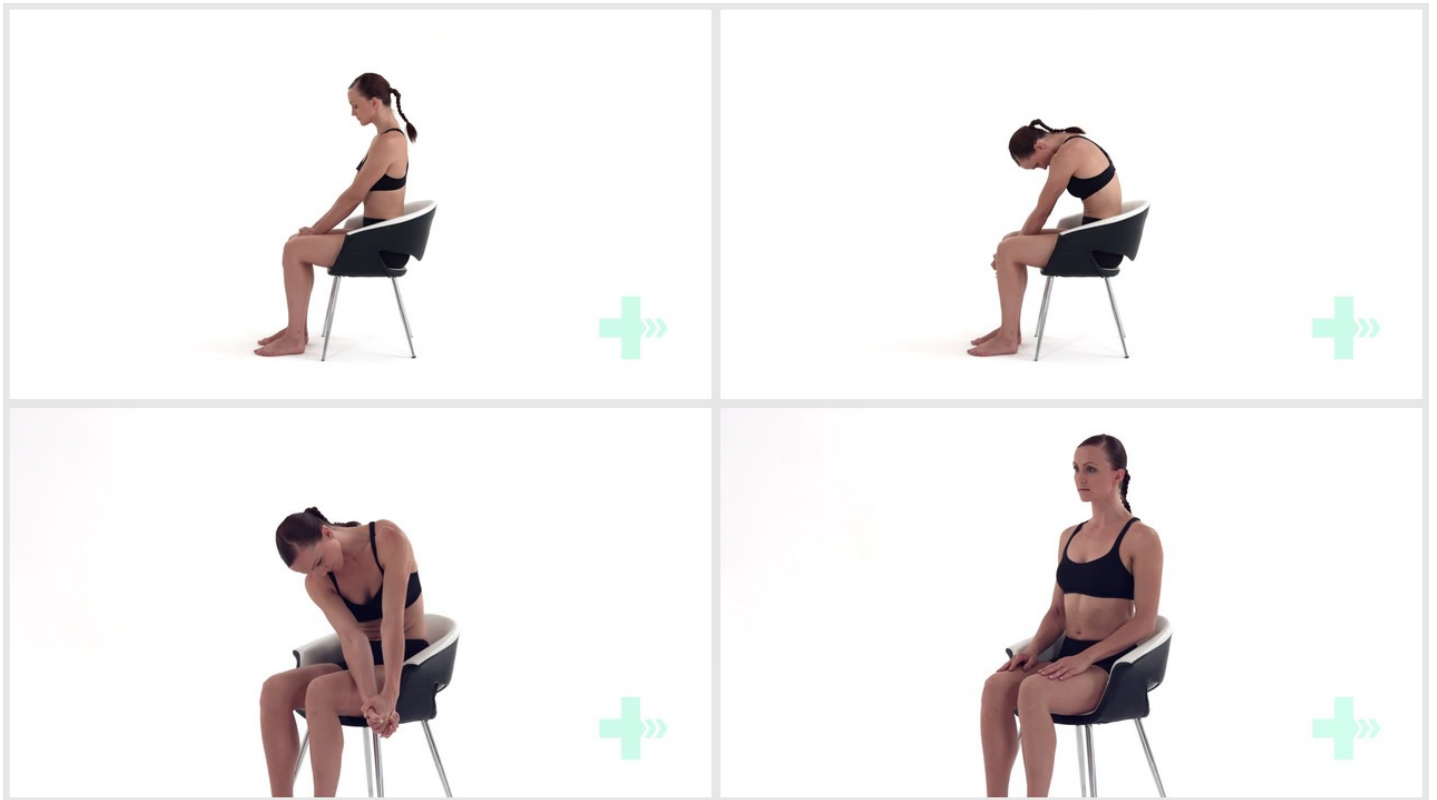
Turn your head to look at one hand while simultaneously giving a thumbs up in this hand and a thumbs down in the other.

Rotate your head the other way to look at your other hand, changing your hands to give a thumbs up in the hand you are looking at, and a thumbs down in the other.

Repeat this movement at a steady pace.

2. Rhomboids/middle trapezius stretch, with trunk rotation, hands interlaced, sitting

3 Sets / 5 Reps / 10 s hold



Start in a seated position.

Clasp your hands together and stretch your arms forwards between your knees.

Lower your head down and round out your shoulders.

Reach your hands as far as you can between your knees.

You should feel a stretch across the back of your shoulder blades.

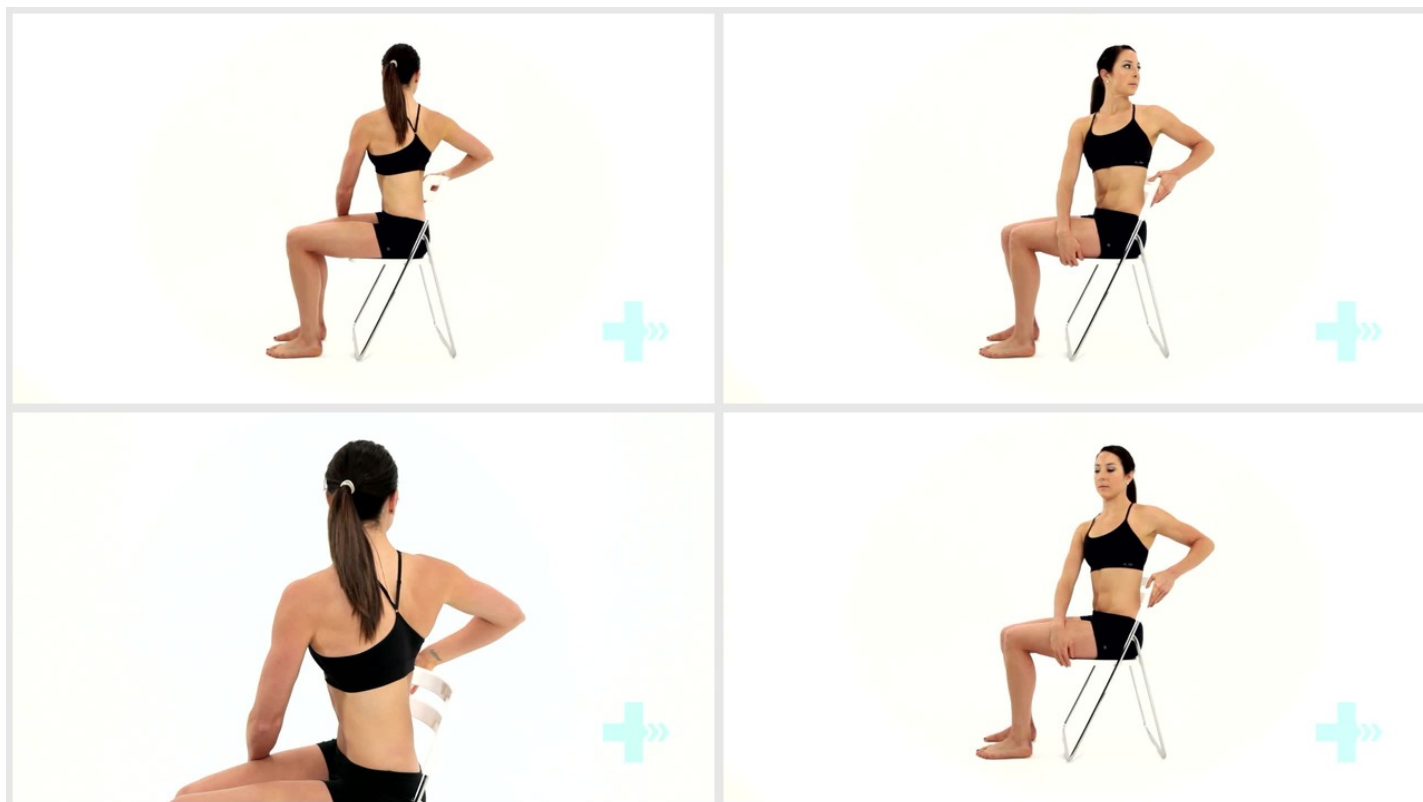
Maintain this stretch and rotate round to the side, you will feel the stretch increase across your other shoulder blade.

Hold and then rotate in the other direction.

Return back to the neutral position and repeat.

3. Upper trunk rotation AROM, end range assisted, sitting; 01

3 Sets / 5 Reps / 10 s hold

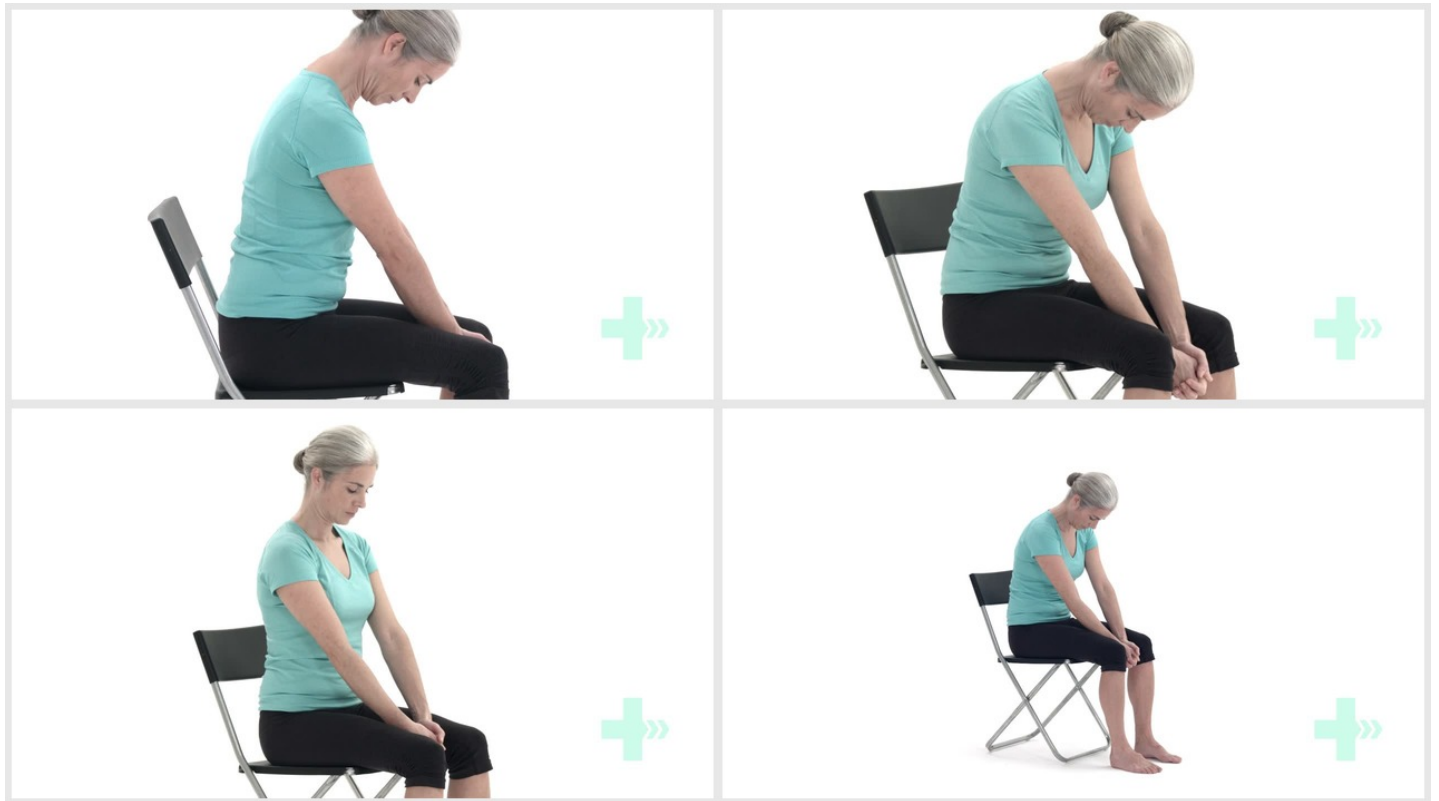


Sit upright in a chair and rotate your body round to one side, using your arms on the back of the chair to pull yourself round further.

This should feel like a stretch through the torso.

4. Rhomboids/middle trapezius stretch, hands interlaced, sitting

3 Sets / 5 Reps / 10 s hold



Sit upright in a chair and clasp your hands together, holding them between your knees.

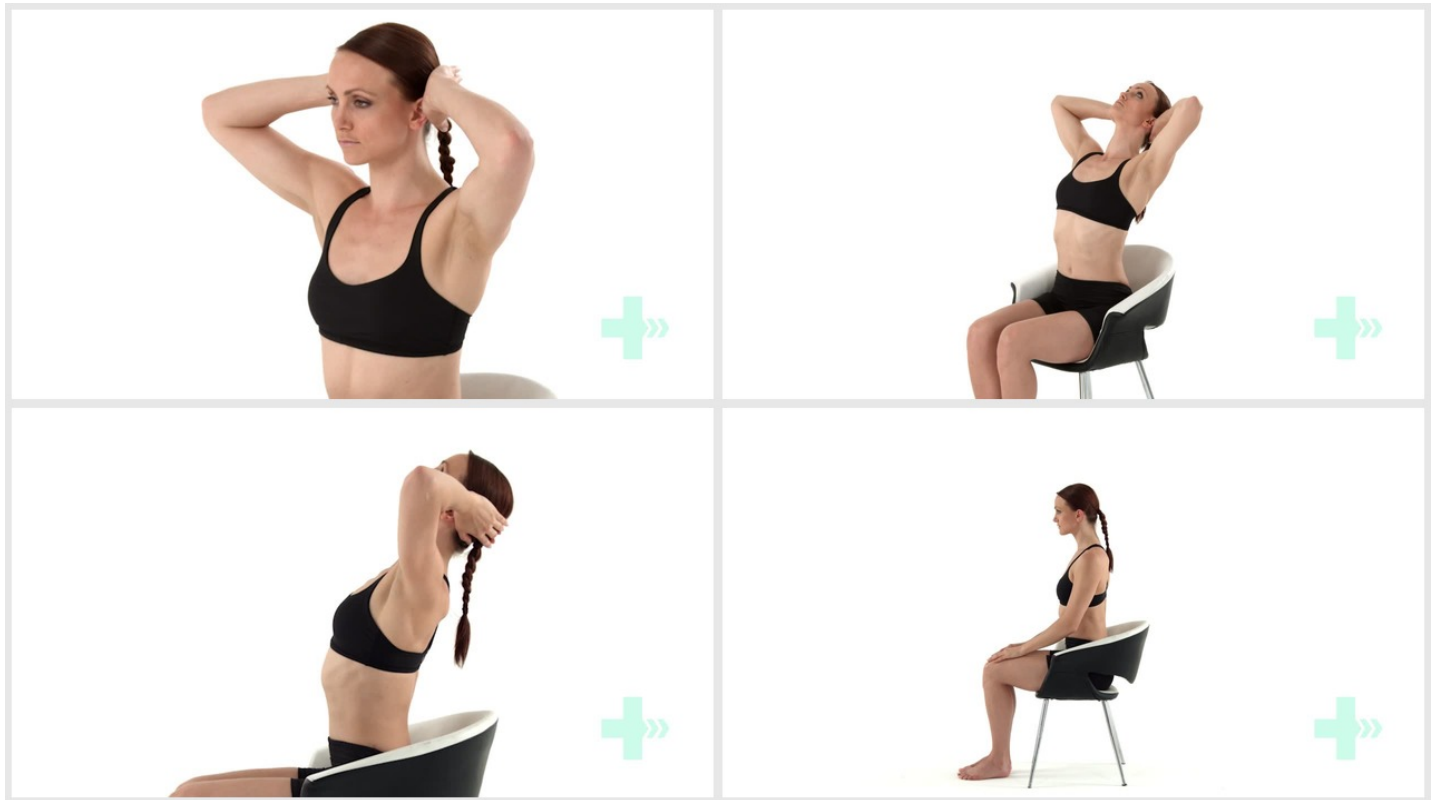
Push your arms as far forward and down as you can by rounding your shoulder blades.

Gently drop your chin down to your chest.

Hold this position while you feel a stretch between your shoulder blades.

5. Thoracic extension stretch, over back of chair, hands behind head, sitting; 01

3 Sets / 5 Reps / 10 s hold



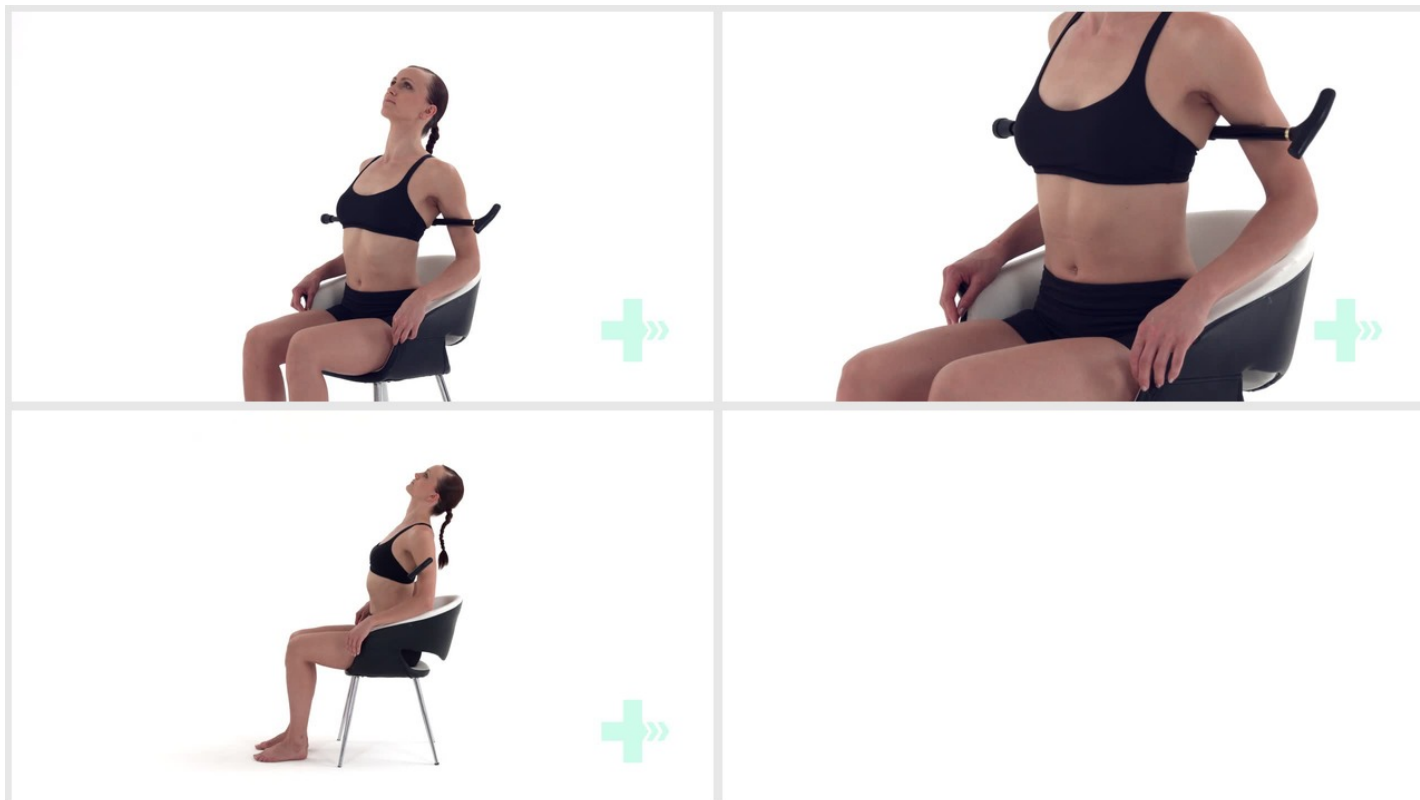
Sit up straight on a chair.

Place your hands behind your head and extend your upper back over the top of the chair.

Hold this position.

6. Thoracic extension stretch, over dowel, sitting

3 Sets / 5 Reps / 10 s hold



Sit straight in a chair with a stick or dowel rod behind your back.

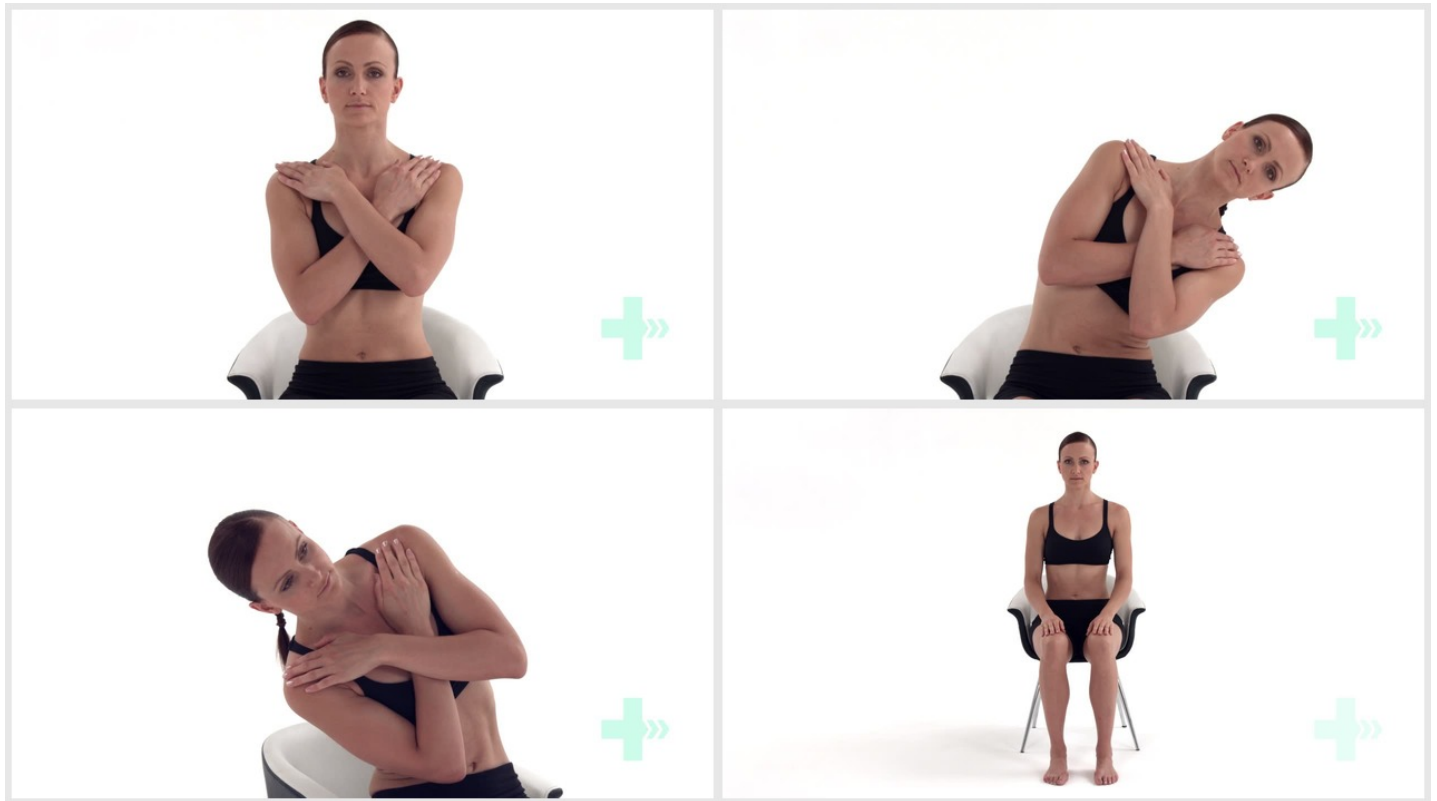
Hook your arms over the top of the dowel behind your back and extend backwards over the dowel.

Hold and repeat.

You can move the dowel to another area of your upper back and continue to stretch this location.

7. Trunk side bending AROM, arms crossed, sitting; 02

3 Sets / 5 Reps / 10 s hold



Sit straight in a chair.

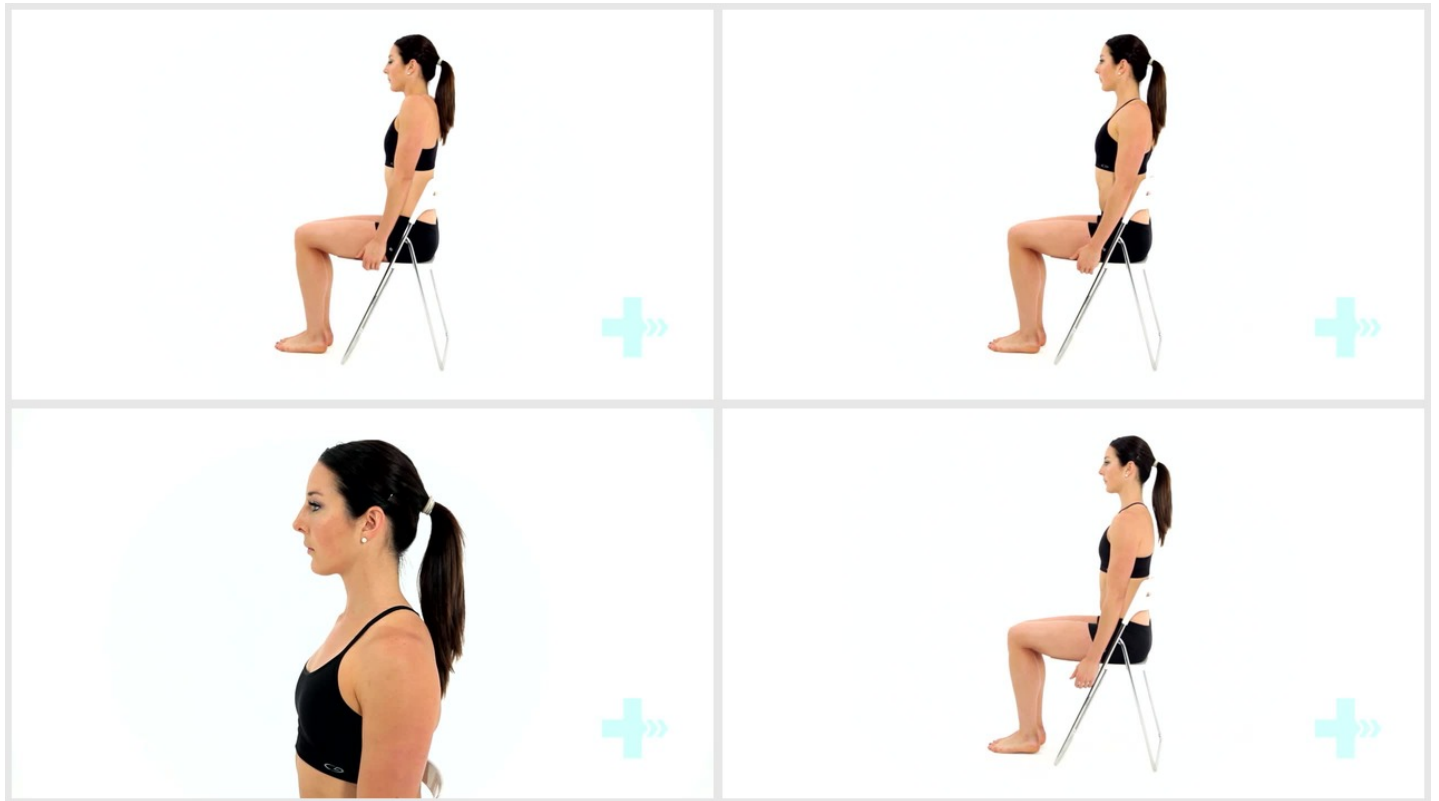
Cross your arms over your chest.

Lean your upper body out to one side and hold and then lean to the other side and hold.

Relax and repeat.

8. Shoulder circles AROM, sitting

3 Sets / 10 Reps



Roll your shoulders in a circle, pulling them forwards, up, back and down. Imagine you are moving them around a clock face.

9. Thoracic extension/pectoralis stretch, over roller, arms abducted 90°, supine

3 Sets / 5 Reps / 10 s hold



Place a foam roll across the floor.

Lie back with the foam roll running across the level of your spine that you want to stretch.

Reach your arms out to the sides.

Inhale, then as you exhale allow your body to relax over the foam roll.

Hold this position in a stretch, continuing to focus on your breathing.