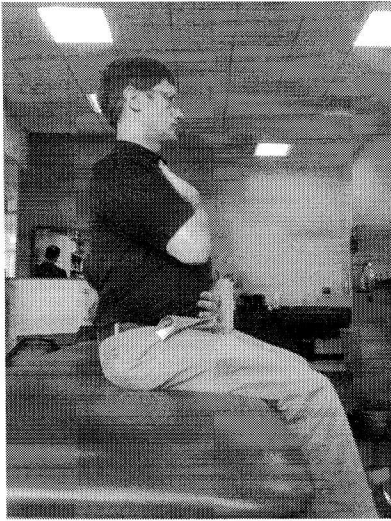


Total 9



### Seated Transverse Abdominis / Diaphragmatic Breathing / Belly Breathing

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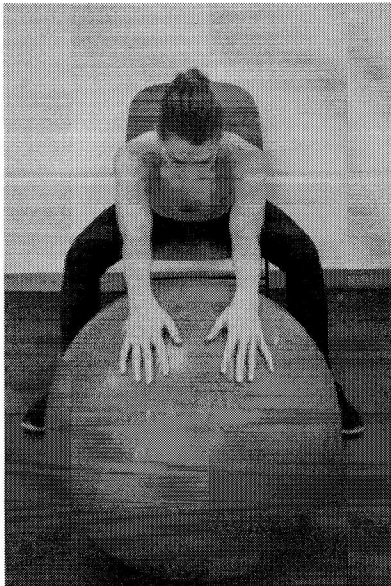
In a seated position, place one hand on your chest and one hand on your belly.

As you inhale, imagine your belly filling and expanding like a balloon and push your stomach out slightly. The hand on your belly should move away from your body and the hand on your chest should not move.

As you exhale, imagine your balloon-belly deflating as you squeeze your abs to expel all the air. You should try and bring your belly button backwards toward your spine. Your hand on your belly will move back to the body and the hand on your chest should not move.

Take this exercise slow and breathe through the nose. This should be activating your core but not very exertive. Take breaks from this deep breathing technique when necessary and especially if you experience lightheadedness or dizziness.

Repeat 10 Times  
Complete 2 Sets  
Perform 2 Time(s) a Day



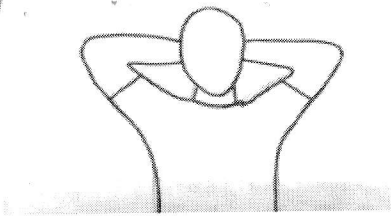
### Forward ball rolls

Start sitting tall with your hands on an exercise ball in front of you.

Roll the ball forward and drop your chest between your arms to feel a stretch in your back. Take a deep breath and exhale to increase the stretch.

Roll the ball back and return to sitting

Repeat 10 Times  
Hold 5 Seconds  
Complete 1 Set  
Perform 1 Time(s) a Day



## 'LOUNGING ON BEACH' EXTERNAL ROTATION STRETCH

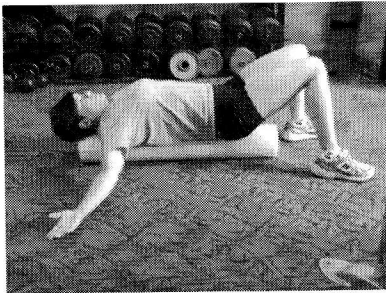
Hands clasped behind head...

swing elbows wide, until you can feel a good stretch in the shoulder.

Hold.

Can be done seated or lying down-whatever is most comfortable.

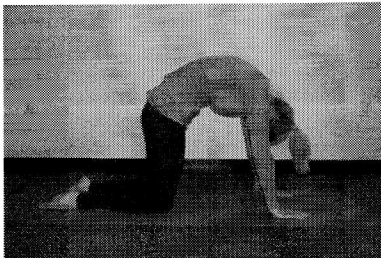
Repeat 10 Times  
Hold 5 Seconds  
Complete 1 Set  
Perform 1 Time(s) a Day



## Supine Pectoralis Stretch (Snow Angels)

- Patient lays supine with a foam roll or stack of pillows aligned under spine
- Patient slowly brings her arms into 90 deg horizontal abduction and allows arms to lower to floor (if possible).
- Patient holds position for 30 sec before bringing arms above head while still in horizontal abduction.
- Patient holds for another 30 sec before returning to 90 degrees.
- 2 sets

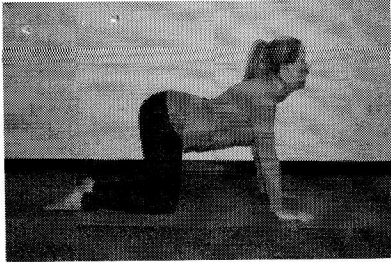
Repeat 1 Time  
Hold 3 Minutes  
Complete 1 Set  
Perform 1 Time(s) a Day



## Cat/Camel (Spinal Flexion)

Begin on hands and knees with knees directly under your hips and hands directly under your shoulders. Arch your back up as if you are trying to round your spine and press your back up to the ceiling as far as you can. Then reverse the motion and return to a flat back.

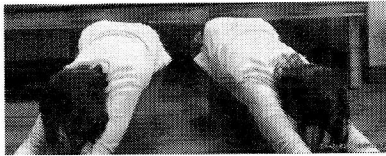
Repeat 10 Times  
Complete 1 Set



### Cat/Camel (Spinal Extension)

Begin on hands and knees with knees directly under your hips and hands directly under your shoulders. Sink your chest and stomach down toward the ground as your head looks up. Then reverse the direction and return to a flat back.

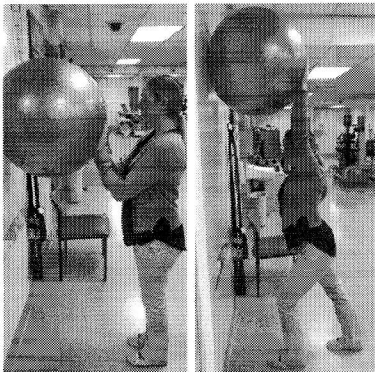
Repeat 10 Times  
Complete 1 Set



### Child pose stretch - lateral

Starting in tall kneeling position, bring hands out in front of you, on the floor, and off to the side. Keeping hands where they are, bring buttock down towards heels. Stretch can be felt in back, sides (along ribs), shoulders, knees, and/or ankles. Hold stretch and return to kneeling position. Repeat with hands off set to the other side.

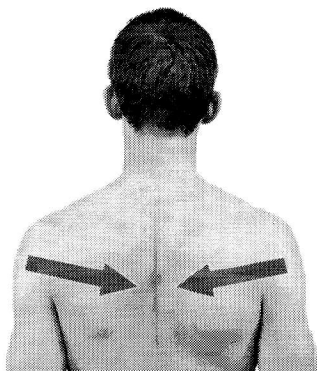
Repeat 5 Times  
Hold 20 Seconds  
Complete 1 Set  
Perform 1 Time(s) a Day



### Shoulder flexion stretch with swiss ball

Stand with both hands on the ball against a wall. Slowly roll the ball up the wall, holding at end range, stretching shoulder. This is also good stretch for the upper and low back.

Repeat 10 Times  
Hold 5 Seconds  
Complete 1 Set  
Perform 1 Time(s) a Day



### SCAPULAR RETRACTIONS

Draw your shoulder blades back and down.

Repeat 10 Times  
Hold 1 Second  
Complete 1 Set  
Perform 1 Time(s) a Day