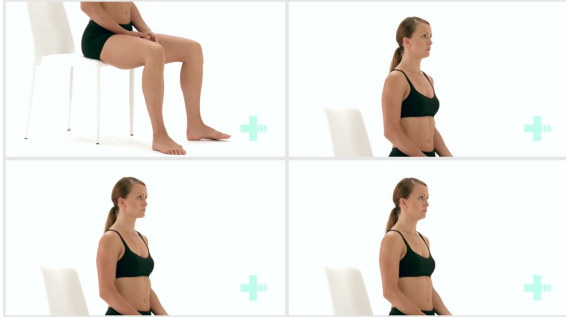




3 Sets / 10 Reps



1. Diaphragm breathing - sitting

Sit in a chair with your hands on your knees.

Move forward so your sitting bones are at the front of the chair and move to a hunched seated position with your shoulders slightly forward.

Roll forward on your sitting bones and stretch yourself through your spine pushing the shoulders back.

Open your feet and knees.

Place your hands at the top of your thighs, palms up.

Breathe in deeply concentrating on the air coming in into your body.

Breathe in through your nose, concentrating on the air coming moving down through windpipe, and into the diaphragm.

As you breathe out relax totally and try not use any muscles.

Let the elasticity of your chest push the air out.

Breathe in again using the diaphragm and tummy, and exhale using the elasticity of the chest only.

Continue on for two more cycles.

Return to the starting position.

3 Sets / 10 Reps



2. Correct breathing supine [01020]

Lie on the floor with your knees bent and feet flat on the floor.

Wrap your thumbs and fingers around the base of your ribs.

Take a deep breath all the way in to the base of your lungs, moving your ribs out into your hands.

Your tummy will puff out.

Breathe out, gently tightening the abdominal muscles, fully emptying your lungs.

Repeat this exercise, keeping your neck and shoulders relaxed throughout the movement.

3 Sets / 10 Reps



3. Correct breathing supine (with arm movement) [01030]

Lie on the floor with your knees bent and feet flat on the floor.

Place your hands at the base of your ribs.

Take a deep breath all the way in to the base of your lungs, moving your ribs out in to your hands.

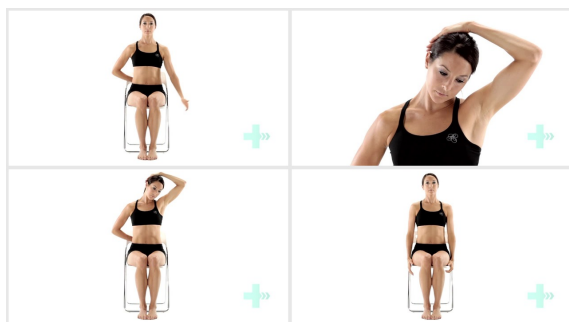
Your tummy will puff out.

Breathe out, gently tightening the abdominal muscles, fully emptying your lungs.

Repeat this exercise, keeping your neck and shoulders relaxed throughout the movement.

Once you have practised the breathing technique, place your arms at your sides and lift them one at a time to shoulder height.

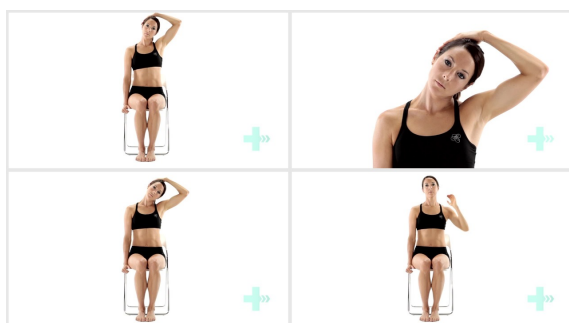
Your arm should come up as you breathe in, then lower back down as you breathe out.



4. Levator scapula stretch

Start in a seated position.
Place the hand of the side you want to stretch behind your back.
Take the opposite hand and pull your head forwards and to the opposite side at an angle, until you feel a stretch from the base of your skull down into your shoulder blade.
Hold this stretch.

3 Sets / 5 Reps / 20 s hold



5. Upper trapezius stretch

Start in a seated position.
Place the hand on the symptomatic side under your chair.
Take your other hand and place it on your head.
Tilt your ear directly down towards your shoulder and hold this position.
You should feel a stretch down the side of your neck.

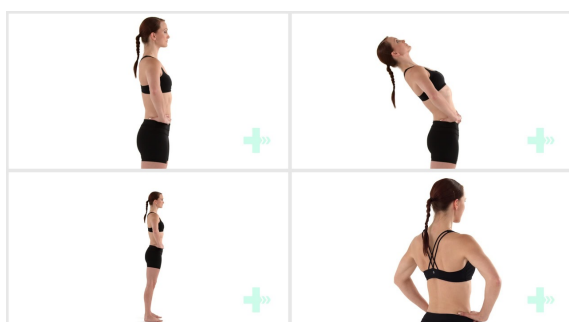
3 Sets / 5 Reps / 15 s hold



6. Rhomboid and middle traps stretch

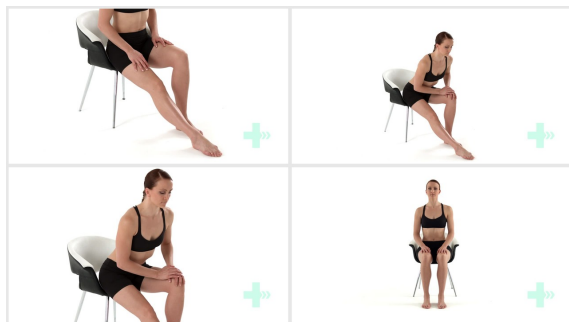
Clasp your hands together and hold them in front of your body.
Push your arms as far forward as you can whilst rounding your shoulder blades.
Gently drop your chin down to your chest.
Hold this position while you feel a stretch between your shoulder blades.

3 Sets / 5 Reps / 15 s hold



7. AROM standing trunk extensions

Stand with your legs at hip width apart and straight.
Place your hands on your hips.
Lean your body backwards, trying to arch in the lower back as much as you can, lifting your chest up towards the ceiling.
Try to avoid allowing your hips to swing forwards too far.
Hold this position before returning to the start position.



8. Hamstring stretch in sit

Sit in a chair.

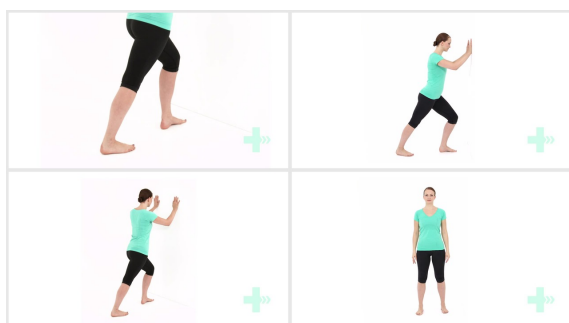
Place your affected leg out in front of you.

Straighten your knee, keeping your foot on the floor.

Keeping your back straight, lean forwards from your hips until you feel a stretch down the back of the thigh.

Hold and then relax.

3 Sets / 5 Reps / 15 s hold



9. Gastrocnemius stretch (holding on)

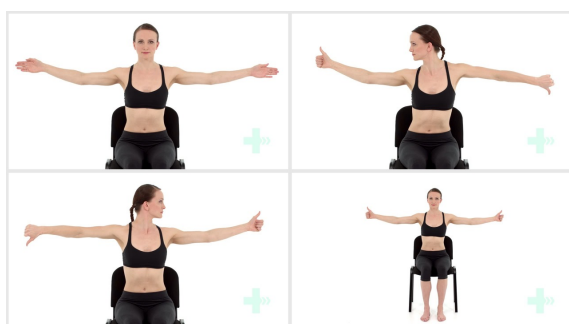
In a standing position, step your affected leg back behind you.

Keep the heel on the floor and the toes pointing forwards.

Bend the front knee, moving your body forwards, until you feel a stretch in the back of the calf.

Make sure your heel does not come off the floor and your back knee does not bend.

3 Sets / 5 Reps / 10 s hold



10. Cervicothoracic mobilisation

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.

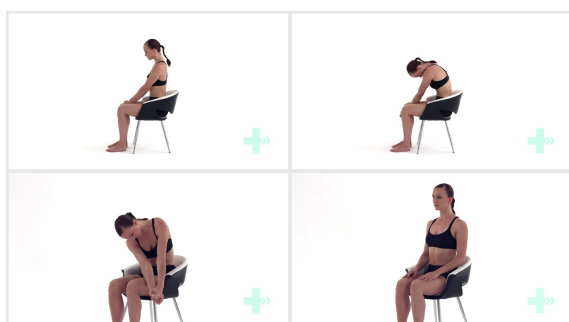
Make a thumbs up with both hands.

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.

3 Sets / 5 Reps / 10 s hold



11. Unilateral rhomboids stretch

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.

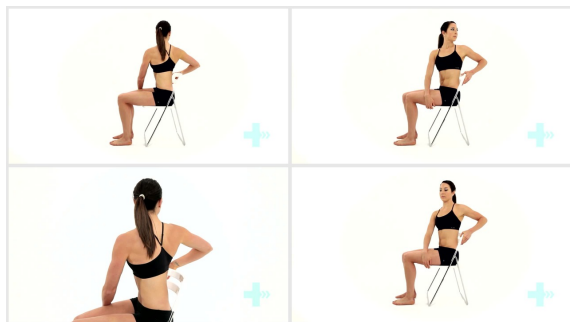
Reach your hands as far as you can between your knees.

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.

**12. Seated trunk rotation**

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.

3 Sets / 5 Reps / 10 s hold

**13. Rhomboid and mid back stretch**

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.

3 Sets / 5 Reps / 10 s hold

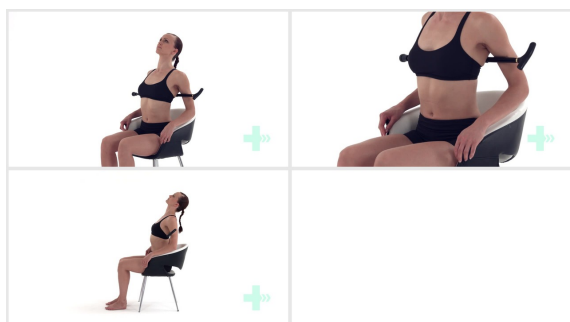
**14. Thoracic extensions in sit, hands behind head**

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.

3 Sets / 5 Reps / 10 s hold

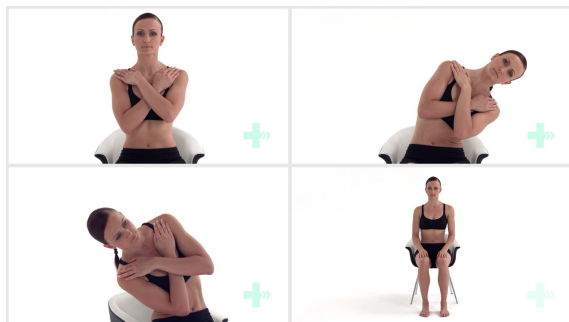
**15. Sitting thoracic extension over dowel**

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.

**16. Sitting active trunk side flexion**

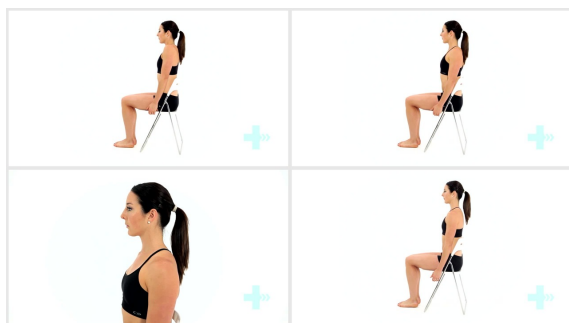
Sit straight in a chair.

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.

3 Sets / 10 Reps

**17. Shoulder circles**

Roll your shoulders in a circle, pulling them forwards, up, back and down.

Imagine you are moving them around a clock face.

3 Sets / 5 Reps / 10 s hold

**18. Segmental thoracic extension over foam roll - GHjt abduction**

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.

3 Sets / 10 Reps

**19. Pelvic circles in standing**

Stand up straight with your feet hips width apart.

Soften your knees a little.

Place your hands on your hips.

Begin making small circles with your pelvis.

Push your hips out to one side, tuck your tail bone under as you bring your hips to the front.

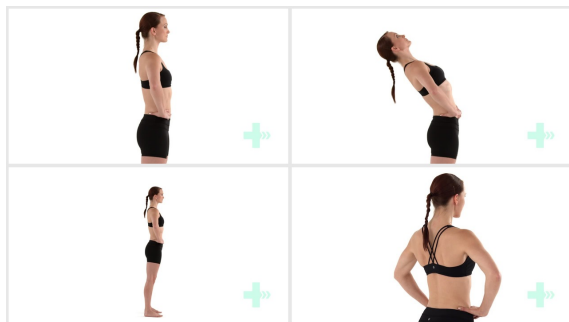
Push your hips out to the other side.

Finally push your hips back behind you, sticking your tail bone out.

Continue this in one fluid movement, keeping your upper body and head still.

Gradually increase the size of the circles if you can.

Repeat in the opposite direction.

**20. AROM standing trunk extensions**

Stand with your legs at hip width apart and straight.

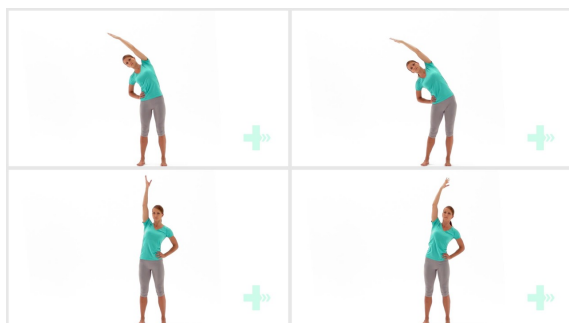
Place your hands on your hips.

Lean your body backwards, trying to arch in the lower back as much as you can, lifting your chest up towards the ceiling.

Try to avoid allowing your hips to swing forwards too far.

Hold this position before returning to the start position.

3 Sets / 5 Reps / 5 s hold

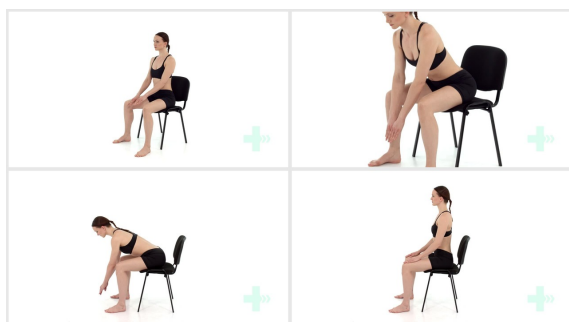
**21. Lateral trunk stretch**

Stand with your feet shoulder width apart and place one hand on your hip.

Extend the other hand into the air, leaning over to the side while you increase the stretch by pushing your hips in the opposite direction.

Hold this position before you repeat on the other side.

3 Sets / 5 Reps / 5 s hold

**22. Seated trunk flexion legs apart (hands to toes)**

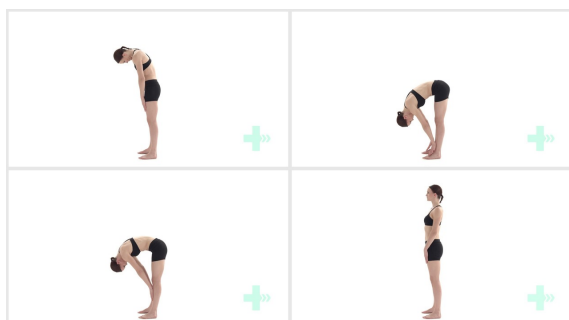
Sit up straight in a chair with your hands on your knees.

Ensure your feet and legs are apart, creating a space for you to lean down between.

Slowly bend forward over your thighs, reaching your hands down towards the floor.

Hold this position, and then slowly return to the upright position, using your hands to assist you if needed.

3 Sets / 5 Reps / 5 s hold

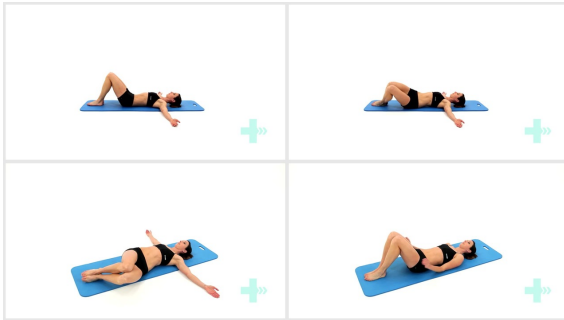
**23. AROM standing trunk flexion**

Stand with your legs hip width apart and straight.

Slowly slide your hands down the front of your thighs towards your feet.

Only go as far as you can manage comfortably whilst keeping your legs straight.

Hold this position, and then slowly return to the start position.

**24. Lower trunk rotation**

Lie on your back with your knees bent and your feet flat on the floor.

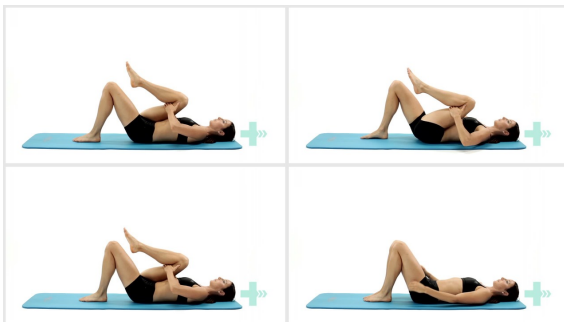
Extend your arms out to the sides and keep your shoulders on the mat at all times.

Keeping your knees together, drop them down to one side, rotating your torso.

Return to the starting position and allow your knees to fall to the opposite side.

Only drop your knees as far as you go comfortably.

You may want to hold the stretch on each side.

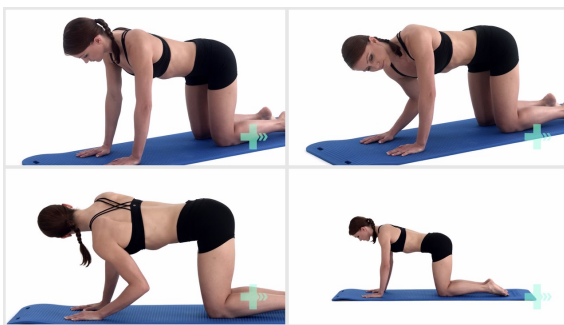
**25. PROM hip flexion supine**

Bend your knees so that the feet are flat on the floor.

Reach underneath your knee and pull the knee in towards your chest as far as you can go comfortably.

Ensure you grab behind the thigh and not on top of the knee to avoid compressing the knee joint.

Hold this position.

**26. Four point kneeling with gentle thoracic spine rotation [07090]**

Kneel on all fours.

Engage your core muscles and slowly lower one shoulder, so that your elbow bends and your upper back twists.

Turn your head and rotate your upper back as you drop the shoulder.

Return to the start position and repeat.