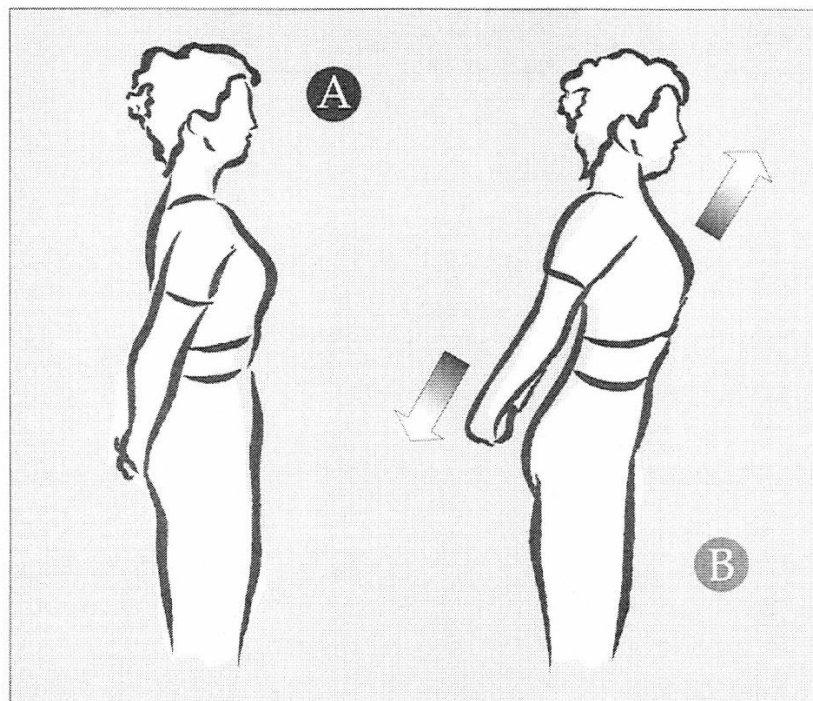


PASSIVE

Thoracic Extension

THORACIC

EXERCISE
7



STARTING POSITION

Stand with both hands clasped behind you.

EXERCISE

Slowly pull your shoulders backwards, and your hands away from you, whilst inhaling deeply. Return to the starting position.

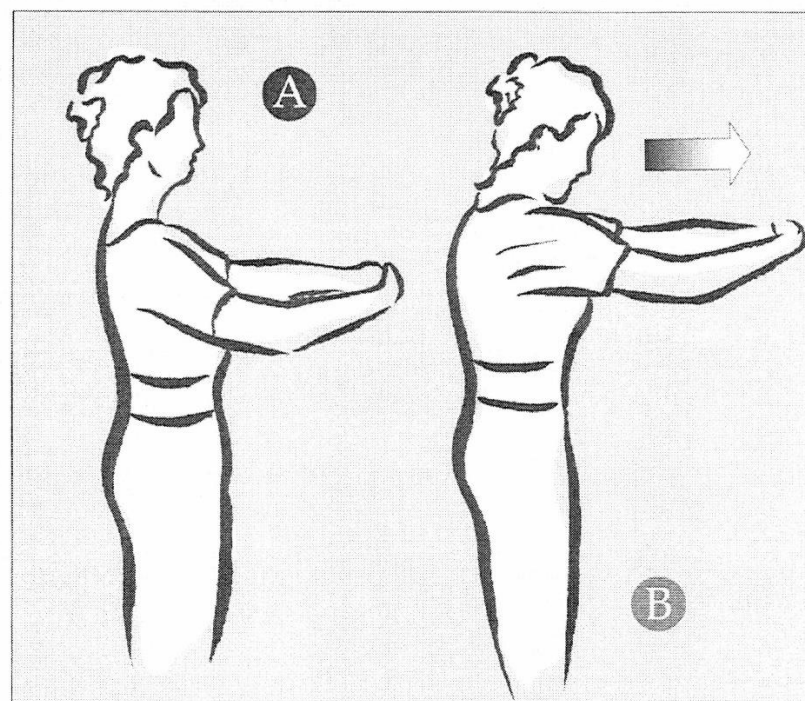


PASSIVE

Thoracic Flexion

THORACIC

EXERCISE
8



STARTING POSITION

Sit or stand holding arms out in front of you, keeping the elbows bent and linking the fingers.

EXERCISE

Slowly push your arms outwards making sure elbows are bent at all times, until you feel a stretch in your shoulders and mid back.

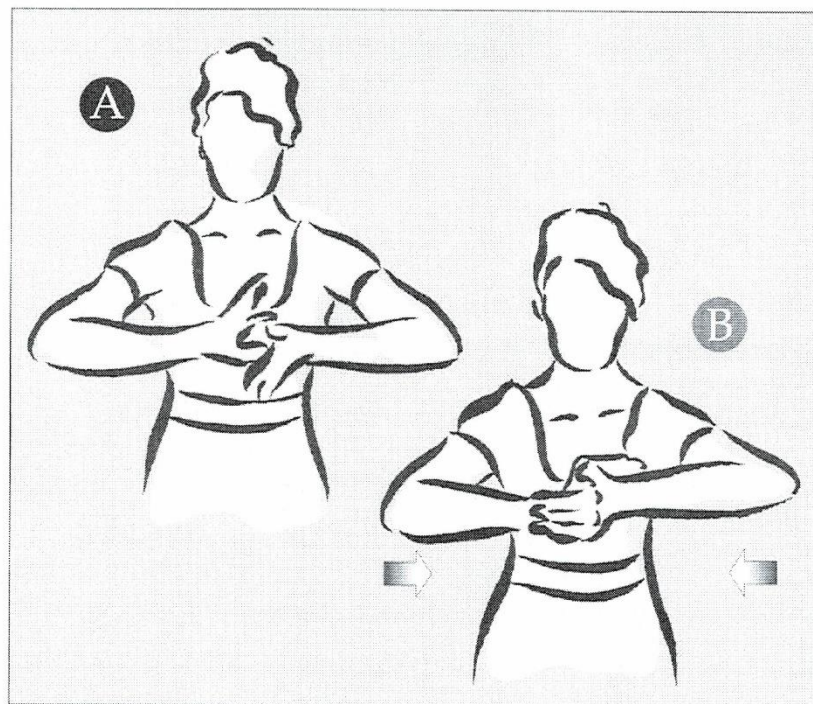


ACTIVE

Pectoral Tensing

THORACIC

EXERCISE
9



STARTING POSITION

Sit with arms parallel to the ground and hands palm to palm.

EXERCISE

Gradually push the hands together, building up the tension. Return to starting position.

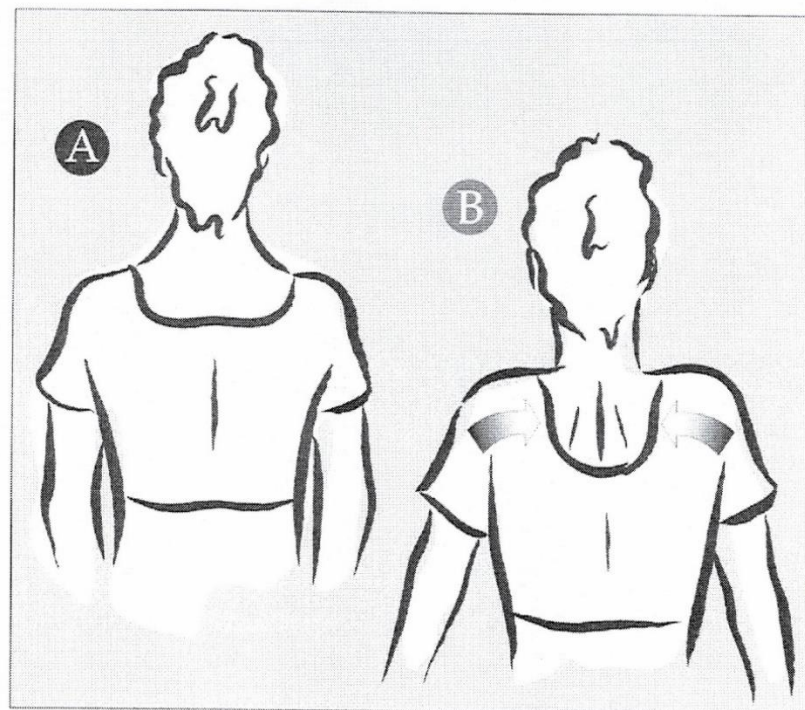


ACTIVE

Scapular Retraction

THORACIC

EXERCISE
10



STARTING POSITION

Standing or sitting.

EXERCISE

Pull your shoulders backwards by squeezing your shoulder blades together.

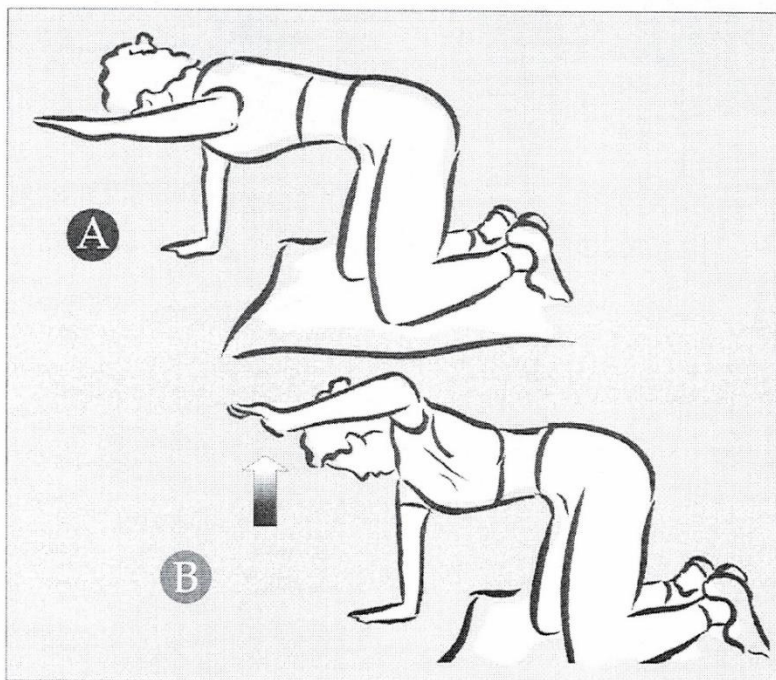


ACTIVE+

Single Arm Raise

THORACIC

EXERCISE
11



STARTING POSITION

On your hands and knees. Hands and knees are shoulder width apart.

EXERCISE

Tighten your stomach muscles. Bend your elbow and slowly lift one arm towards the ceiling. Return to the starting position. Repeat with the other arm.

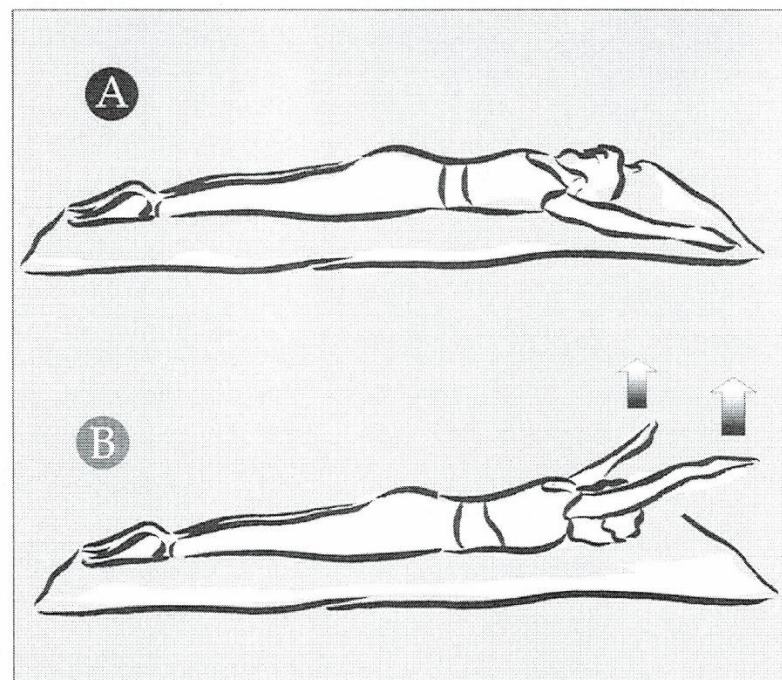


ACTIVE +

Double Arm Raise

THORACIC

EXERCISE
12



STARTING POSITION

Lie face down with arms outstretched.

EXERCISE

Raise both arms together.

