

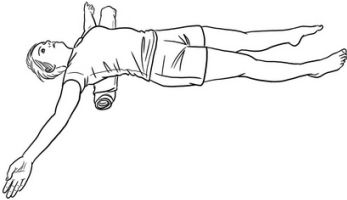


CHEST STRETCH (Perform every day)

Face the door frame and place your forearms on the frame.

Push your body through the door frame to feel a stretch in your chest and shoulder area.

Sets 4 - Time 30 Secs



TOWEL ROLL - THORACIC EXTENSION (Perform every day)

Lay on your back with a rolled up towel placed just under your mid back, just below your shoulder blades

Relax your neck and shoulders.

Sets 1 - Time 5 mins



SCAPULAR ACTIVATION (Perform every day)

Sit on a chair and bend your elbows at 90°.

Keep your elbows tucked in to your body and take your lower arms away from your body - rotating them outwards. Your shoulder blades should be pinched together.

Sets 4 - Repetitions 15



SCAPULAR RETRACTION (Perform every day)

Sit upright on a chair or stool with your hands on your hips.

Pinch your shoulder blades backwards as if you are pinching a pen between your shoulder blades - keeping your shoulders down.

Sets 4 - Repetitions 15