



Notes :

1 Upper back extension



Sets: 1 Hold: 3-5 mins

Lie lengthwise over the end of a foam roll, with the supported head over the end of the roll such that the stiff level of the spine is at the edge of the roll.
Be sure to engage your lower core muscles to prevent the low back from arching.
Keeping a neutral neck, with the chin slightly nodded, glide the head back toward the ground to straighten the upper back.
Return to the starting position, then repeat.

2 Thoracic extension



Sets: 1 Reps: 10 Freq: 3x/day

Sit all the way back in a chair so that your back is leaning on the backrest.
Cross your hands on your chest.
Extend the thoracic spine over the chair and then come back to the starting position.

3 Assisted trunk rotation



Sets: 1 Reps: 10 Freq: 3x/day

Sit on a chair with your back in neutral position (slightly arched) and your chin tucked in.
Turn your upper body to one side moving at the middle back.
Increase the stretch by pulling yourself with the back of the chair.
Return to the initial position and repeat.

4 Half cobra stretch



Sets: 1 Reps: 10 Freq: 2x/day Hold: 5 secs

Start on your stomach and elbows with your hands in front of you.
Lift yourself up on your elbows, pulling up one vertebra at the time to stretch the spine.

5 Wrist flexors stretch



Sets: 1 Reps: 4 Freq: 3x/day Hold: 30 secs

With your elbow straight and your palm facing up (forearm in a supinated position), extend the wrist and grab the fingers with your free hand.
Gently pull your fingers and wrist in extension toward the floor..
Hold the stretch for the recommended time.



6 Wrist extensors stretching



Sets: 1 Reps: 4 Freq: 3x/day Hold: 30 secs

Extend one arm out in front with the elbow straight.
Use the other hand to grasp it at the side of the thumb and bend the wrist downward.
Turn wrist towards the small finger to increase the stretch.

7 Scapular setting



Sets: 2 Reps: 10 Freq: 2x/day Hold: 3 secs

Clasp your hands in front of you.
Squeeze your shoulder blades back and down towards your spine.
Hold for the recommended time.

8 Cat and camel



Sets: 1 Reps: 20 Freq: 2x/day

Start on all fours with hands underneath the shoulders.
Lift the head and chest simultaneously while letting the stomach sink and the lower back arch to perform the cat.
Round the back and let the head and neck drop while trying to get the head and pelvis as close as possible.
Do not force the end range of motion as this is not a stretch.
Repeat.

9 Back muscles stretching



Sets: 1 Reps: 3 Freq: 3x/day Hold: 30 secsx

Start on all fours.
Round your back by pushing down on your hands, and hold the position for the recommended time.
Without moving your hands, lower your buttocks onto your heels. Then move your hands forward.
Hold the stretch for the prescribed time.

10 Diaphragmatic breathing



Sets: 1 Reps: 10 Freq: 2x/day

Lie on your back with your knees bent and your back in neutral position (slightly arched).
Place your hands on your stomach and concentrate on your breathing.
Inhale while expanding your stomach without any trunk or chest movement and exhale without forcing.
There should be a short pause after each exhale before the next inhale.