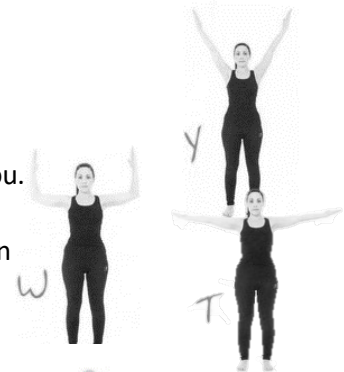


GET RID OF THE HUMP

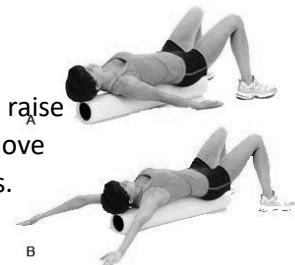
Y W T Stretches –

These Stretches will be done with your back flat against a wall and then repeated laying on a foam roller. Starting with your arms raised above your head creating a Y you want to hold this for 30 seconds keeping your chin tucked and your thumbs pointing behind you. Then you will move into the W dropping your elbows down to create a 90-degree angle with your arms, keeping your chin tucked in, hold this stretch for 30 seconds You will then straighten your arms out to your side so that your body forms a T ensuring your chin is still tucked in, and your arms are straight and in line with your body and not positioned forward, you will hold this stretch for 30 seconds as well.



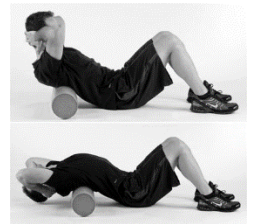
Snow Angels-

Laying on your back on a foam roller with your feet planted on the floor, you will raise your arms above your head in a Y position in a continuous movement you will move your arms down to point toward your feet. You will repeat this motion ten times.



Thoracic Crunches-

Laying with your mid-back (thoracic spine) on the foam roller sitting on the ground, you will lay back toward the ground and then crunch your mid-back (thoracic spine) up rolling your shoulders forward keeping your chin tucked in toward your chest not straining your neck. Do not focus crunching your core but your mid-back.



Thread the Needle-

Starting on your hands and knees on the floor you will move your right hand underneath your left arm bringing your left elbow down to the floor and keeping your knees flat on the floor and legs straight twisting your upper body down and toward your left side. Hold this stretch for thirty second and repeat on other side. Repeat this stretch putting a foam roller under your wrist and rolling it out as far as you can.



Prayer Stretch with foam roller-

Starting in a kneeling position you will place your wrist on a foam roller in front of you. Keeping your back straight you will roll the roller away from you body sinking your body toward the floor keeping your hips in place and keeping your wrists on the foam roller.



Chin Ups-

You will start by rolling up a towel and laying on your back placing the towel under you neck. Then you will move your chin forward toward the ceiling focusing on just moving your chin and not straining your neck. You will continue this motion moving your chin toward the ceiling and lowering it back down for 10 sets.



Rhomboid Stretches

Doorway Rhomboid Stretch-

Begin in a standing upright position to the side of a door frame. Crossing your arm over your body grabbing onto the doorframe, then twist your hips in the opposite direction.

Hold for 30 seconds, then relax and repeat on the other side. Make sure to keep your back straight during the exercise. Your hips and shoulders should move as one unit.



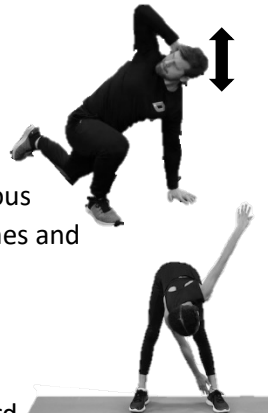
Brueggers Postural Exercise-

Sitting on the edge of a chair or in a standing position you will start by rolling your shoulders down and back, ensuring your shoulders are relaxed. Pointing your chest up and out and tucking your chin back with your palms facing forward you will push your arms back positioning your thumbs to the back wall. Hold this 30 seconds as needed throughout day.



Split Squat Sprinkler-

Starting in standing position, take a long step forward as if going into a lunge. The heel of your back foot should be raised. Lower slowly down until your back knee almost touches the floor. Once in the split squat position you will keep one hand on the floor while your other hand rests on the back of your head. With your arm that is connected to your head you will start to move it so that your elbow points up toward the ceiling and then in a continuous motion you will point your elbow down toward the floor. You will repeat this movement 10 times and then switching side you will repeat on other side.



Windmill-

In a standing or sitting position you will bend at the waist touching your right hand down toward your left ankle, in one motion you will cross your left hand over toward your right ankle. In this continuous motion you will complete this ten times.



Side-Lying Thoracic Rotation-

Lie on your left side with your knee at a 90 degree and your arms straight out in front of you on the floor with your right arm on top of your left. Keeping your hips and left arm in position you will cross your right arm over until your right arm and upper back are flat against the floor. Hold this position for two seconds repeating 10 times total. Rolling over you will repeat on your right side.

