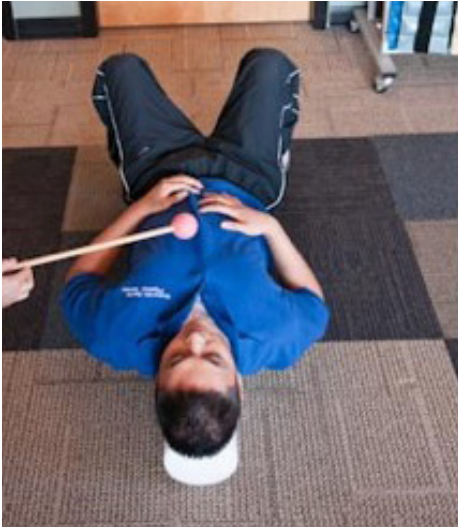
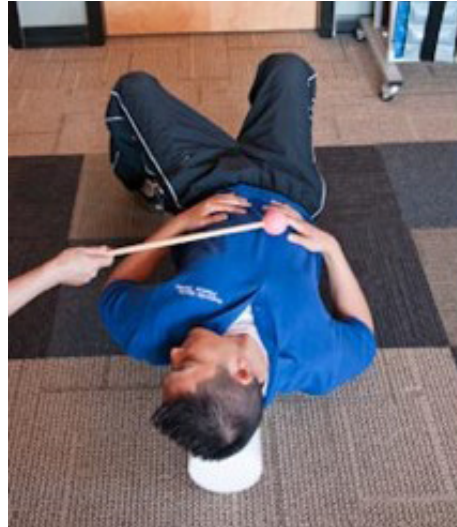


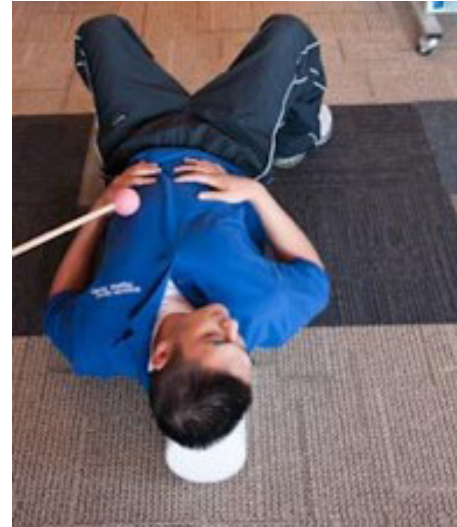
Ribs and back 1



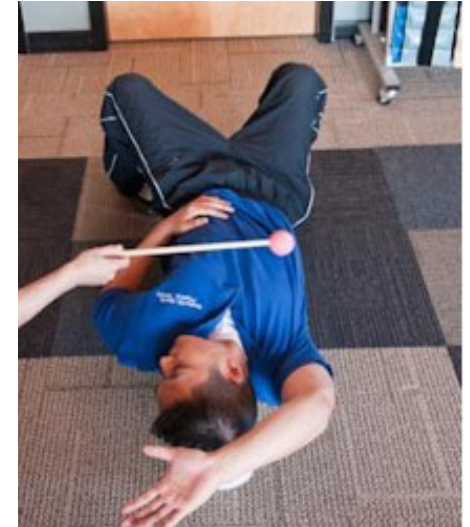
Stretch and mobilize ribs and mid back on 6 inch foam roll (stabilize abdominals and move parallel to floor) Start Position 1/5



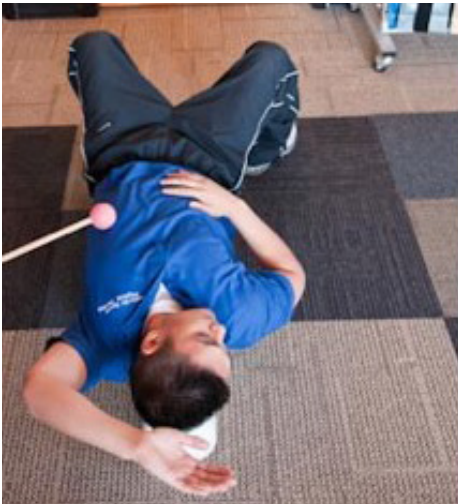
Position 2/5



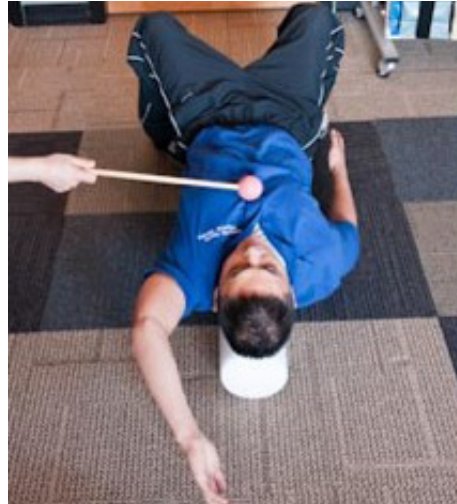
Position 3/5



Position 4/5
The arm addition will further stretch shoulders and chest



Position 5/5



Stretch mobilize upper and mid back (alternate arms overhead and maintain abdominal brace)

The exercises and theories are intended for our patients as follow up on clinical meetings. No guarantee is made that the exercises will resolve your particular problem, or that our theories will explain your specific problem.

Ribs and back 2



Stretch to backbend mid and upper mid back, ribs and chest 1/3



2/3



3/3



Stretch shoulder in flexion (allow ribs to move towards the stretch side)

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