

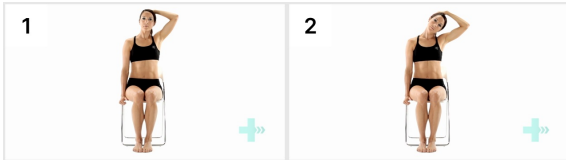


Chadstone Region Osteopathy  
1160 Toorak Road  
CAMBERWELL, VIC, 3124

1 Set / 3 Reps / 10 s hold

**1. Upper trapezius stretch**

Start in a seated position.  
Place the hand on the symptomatic side under your chair.  
Take your other hand and place it on your head.  
Tilt your ear directly down towards your shoulder and hold this position.  
You should feel a stretch down the side of your neck.



1 Set / 5 Reps / 3 s hold

**2. Rhomboid and middle traps stretch**

Clasp your hands together and hold them in front of your body.  
Push your arms as far forward as you can whilst rounding your shoulder blades.  
Gently drop your chin down to your chest.  
Hold this position while you feel a stretch between your shoulder blades.



1 Set / 10 Reps / 3 s hold

**3. Shoulder shrugging**

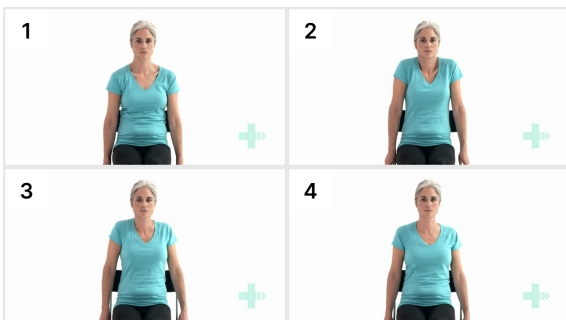
Relax your arms by your side or on a table.  
Shrug your shoulders up to your ears.  
Hold this position, before you completely relax your shoulders back down.



1 Set / 10 Reps

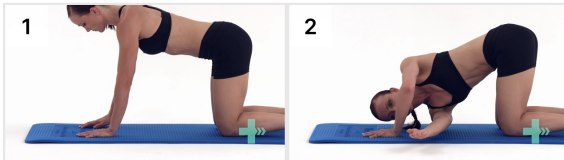
**4. Shoulder rolls seated**

Sit upright in a chair and shrug your shoulders up to your ears, then roll them back and downwards, squeezing your shoulder blades together.  
This exercise is very important for maintaining good posture, and mobility in your shoulders and upper back.



**5. "Thread the needle"**

Start lying on your front.  
 Bring yourself up onto your hands and knees.  
 Your hands should be under your shoulders and your hips over your knees.  
 Take one hand off the floor and reach in and through between your other hand and leg on that side.  
 Allow your shoulder and head to follow, moving down towards the floor as your hand reaches through.  
 Allow your back to twist.  
 You should feel a stretch down your side, your shoulder blade and neck.  
 Hold and then relax and repeat.

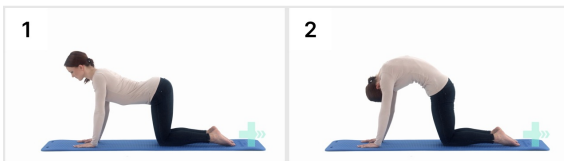


2 Sets / 10 Reps / 4 s hold

**6. Cat and camel pose**

Start on your hands and knees with your back in a neutral position.  
 Arch your back, lifting your head up and pushing your tail bone out, making a dish with your spine.  
 Hold this position.  
 Next, bend your back up by tucking your head and tail bone in and pulling your belly button in towards your spine, making a curve through your back.  
 Hold this position, and then repeat.

*Do this nice and slowly, imagining moving each segment of your back individually as you transition between the 2 positions. Go gently and don't push into pain.*



1 Set / 3 Reps / 10 s hold

**7. Pec stretch - mid fibres**

Stand sideways to a door frame, one arms length away.  
 Hold the frame around chest height and take a small step forward on the leg closest to the wall.  
 Keeping your chest up, rotate your body away from the wall until you feel a stretch across your chest and upper arm.  
 Hold this position.



1 Set / 3 Reps / 10 s hold

**8. Chest stretch**

Lock your hands together behind your back and push your hands backwards, whilst pushing your chest forwards.  
 Roll your shoulders back and down as you feel the stretch over the front of your chest and shoulders.



**9. Thoracic spine mobility on foam roller - arm opener**

Place a foam roller on the floor length ways and lie on top of the roller with it running down the centre of your spine.

Bend your knees and find the neutral position on the roller.

Holding this position, raise your arms up towards the ceiling.

Your palms should face in towards one another and fingers should point to the ceiling.

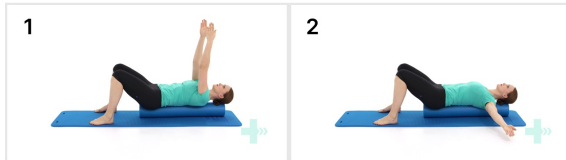
Drop your arms out to the side, feeling the stretch across the front of your chest.

Bring them back up to the vertical position, pointing to the ceiling.

Repeat, dropping your arms out to the sides again.

Ensure your upper and lower back do not move from the neutral position.

It helps to gently tighten your abdominal muscles to control this.



1 Set / 1 Rep / 30 s hold

**10. Rhomboid self trigger point with ball**

Stand up straight with your back to a wall.

Place a tennis ball against the wall and lean your upper back onto the ball.

The ball should be between your spine and your shoulder blade on the side you would like to work.

Bring this arm across your chest in front of you, using your other arm to facilitate this movement.

Roll the ball around the area.

If you feel a particularly tender spot, hold this position leaning back onto the ball to place some pressure on the area until it releases.

