



**Mid Back Arch - Quadruped**

On all fours, let head relax down and maintain an abdominal hollow as you raise your spine up between the shoulder blades.  
Let spine relax slowly down through the shoulder blades and then repeat.

Sets:	3
Reps:	1x
Weight:	
Hold:	15 sec
Rest:	
1x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**'Prayer' Stretch**

Kneeling on floor, reach both arms straight out in front along floor.  
Sit lower body down and back onto heels.

Sets:	3
Reps:	1x
Weight:	
Hold:	15 sec
Rest:	
1x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Mid Back - Reach**

Sitting or standing, place 'hand over hand' and reach both arms straight forward, rounding the mid back.  
Taking a deep breath in will increase the stretch.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Mid Back / Trunk Rotation**

Sitting, reach one arm across body and support with opposite hand at the elbow.  
Bend forward slightly and rotate upper body to increase the stretch in the back of the shoulder and mid back.  
Taking a deep breath in will increase the stretch.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Spinal Flexion - Ball**

Lying on stomach over gym ball.  
Drape body over ball and relax.  
Slowly roll back and forth to stretch out spine.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Biceps / Pecs - Ball**

Lying on back with gym ball under mid back and head supported.  
Drop both arms off to the sides, bending wrists backwards, and let arms 'hang' to feel a stretch across the chest and front of the arms.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31