



Wall Slides / Scap. Retraction

Sitting on a stool with back against wall, arms raised overhead.
Keeping forearms and back of hands in contact with the wall at all times, slowly slide arms down wall as you squeeze shoulder blades together.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

- 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

Notes:



Mid Back Mob. Extension - Wall

Sitting with legs apart, hands by head resting on wall.
Let mid back sag through shoulder blades toward wall.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

- 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

Notes:



'Brugger' Postural Relief Position

Sitting at edge of chair, feet and knees wider than pelvic width and rotated slightly outward.
Maintaining a chin tuck, raise chest up, allowing spine to relax into a gentle arch.
Relax shoulders and rotate arms / hands so that thumbs point backward.
Hold, breath, release and repeat throughout the day.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

- 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
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Notes: