

# CERVICAL/ THORACIC STRENGTHENING EXERCISES

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## CERVICAL RANGE OF MOTION

- look towards ceiling
- tuck chin towards back of throat
- bring chin to chest

\* Repeat at least 15 times



- slowly bring left ear towards left shoulder
- slowly bring right ear towards right shoulder

\* Repeat at least 15 times.



## W's

- Extend arms at 45 degree angle from front with hands higher than shoulders
- Slowly pull shoulder blades back and down

\* Repeat 15-20 times, 1-3 sets



## MODIFIED SUPERMAN

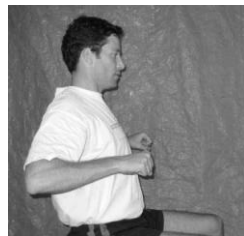
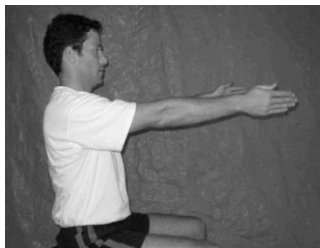
**Step 1:** lie on therapy ball with legs extended

- rest chin on ball

**Step 2:** slowly draw shoulder blades towards the back while turning palms upwards towards ceiling

- hold position for a count of 3 and slowly return to start position

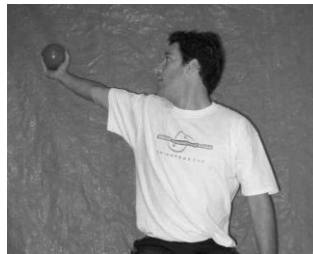
\* Repeat 15-20 times, 1-3 sets OR AS PRESCRIBED



## SEATED ROWING

- begin with good posture
- place extended arms out in front
- slowly bring shoulder blades towards the back without bending elbows
- bend elbows and bring hands towards chest

\* Repeat 15-20 times, 1-3 sets. Add weight as prescribed.



## DRAW THE SWORD

### Position One:

- Sit in chair or on therapy ball. Begin with good posture. Place right hand in left pocket area. Bring chin down towards left pocket area.

### Position Two:

- Slowly bring left hand up and out towards right shoulder. Lift chin up and look over right shoulder while performing arm movement. Finish with arm extended

\* Repeat 15-20 times, 1-3 sets. Add weight as prescribed.