

Stretches To Be Used At Discretion of Practitioner

- These are in no way intended to be a full, comprehensive list of all stretches. These stretches are the most common short muscle patterns secondary to chronic toxic industrial postures like sitting (forward head carriage, rounded, internally rotated shoulders (short lats, pecs, interscapular muscles, external shoulder rotators), trunk flexion (abdominals, anterior spinal ligaments), thigh flexion (gluteus medius, psoas, tensor fasciae latae, iliotibial band, hip joint capsule and crossing musculature), thigh medial rotation (short piriformis), knee flexion (hamstrings, low back).
- The best option for general mobility and core strength is to have all patients involved in gymnastics, yoga or pilates classes at least twice a week.
- For each exercise get into the stretching position and hold for a minimum of 30 seconds once accustomed to the stretch. Always stretch both sides of the body equally.

Pecs and Anterior Shoulder

Place forearm on Swiss ball and with shoulders kept as parallel as possible slowly exhale and drop your chest toward the floor as far as possible and hold for at least 30 seconds.

