

Foam Roller Chest Opener



Purpose: Stretches the chest and front of the shoulders.

How To:

- ☐ Lie on your back with a foam roller running vertically along your spine.
- ☐ Extend your arms out to the sides, palms facing up.
- ☐ Relax and allow your chest to open up.

Prescription: Hold for 1-2 minutes.

Diaphragmatic Breathing



Purpose: Promotes relaxation and improves breathing efficiency.

How To:

- ☐ Lie on your back with your knees bent and feet flat on the floor.
- ☐ Place one hand on your chest and the other on your abdomen.
- ☐ Inhale slowly through your nose, allowing your abdomen to rise while keeping your chest relatively still.
- ☐ Exhale slowly through your mouth, allowing your abdomen to fall.

Prescription: 5-10 minutes daily.

Scapular Retraction with Resistance Band



Scapular Retraction with Resistance Band

Purpose: Strengthens the rhomboids and trapezius muscles.

How To:

- ☐ Hold a resistance band with both hands, palms facing down.
- ☐ Keeping your elbows straight, pull the band apart by squeezing your shoulder blades together.
- ☐ Hold for 1-2 seconds, then slowly return to the starting position.

Prescription: 2-3 sets of 10-15 repetitions.