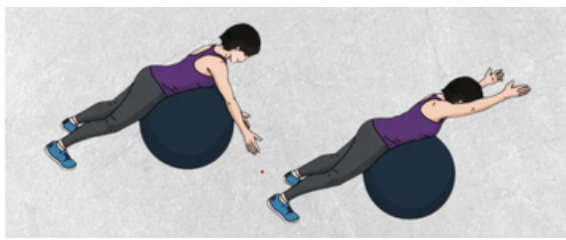


Prone Ys and Ts



Purpose: Activate the middle and lower trapezius muscles.

Instructions: Lie face down on a mat or bench. For "Y" raises: Extend your arms overhead at a 45-degree angle and lift them off the ground. Focus on squeezing the shoulder blades downward. For "T" raises: Extend your arms out to the sides and lift them off the ground. In both movements, squeeze your shoulder blades together.

Tips:

- Keep your neck relaxed.
- Perform movements slowly.

Sets/Reps: 2 sets of 10 repetitions for each movement.

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.



SPORTS CHIROPRACTIC
AND NATURAL HEALTH SOLUTIONS

Pompano Beach Chiropractor-Dr. Brett Goldstein