

Let it Heal

Pain & Detox Clinic

Sternal Instructions

Lift shoulders as high as you can. Inhale deeply as you lift and expand your chest. Keeping your chest elevated, pull your shoulder blades back and exhale sharply. Hold that position and inhale again. Exhale sharply as you push your retracted shoulders down, and push your chest out. Hold this position for a few moments.

Relax.

Repeat three times.

Continue daily.

This exercise is initially quite difficult and painful to do, but after a few days it becomes much easier.