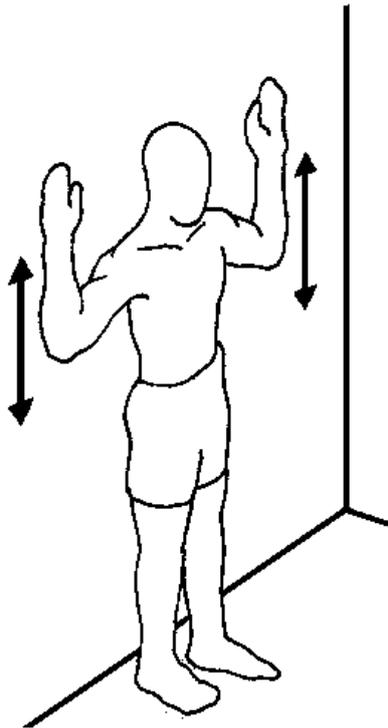


Wall Angel



Stand with your back against the wall (can be done lying down to simplify), with your feet shoulder width apart. Shoulders, head, back, and buttocks should be flat against the wall with your lumbar spine in its' neutral position. Start with your shoulders relaxed and the forearms pointing vertically with your elbows at shoulder height, as seen in the diagram, and if possible the backs of your forearms and hands touching the wall.

Progression:

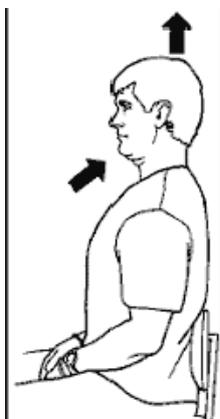
1. Keeping the shoulders relaxed, engage your shoulder blade muscles to pull them flat against your rib cage.
2. Next using your stomach and buttock muscles, flatten the curve of your lower back against the wall,

*Both of these steps should be done whilst keeping the rest of the surfaces named above in contact with the wall

3. Move your arms up and down always maintaining the vertical position of the forearms.

Note: Initially only small ranges of motion should be attempted to ensure correct positioning.

Chin Tucks



Roll your shoulders backwards and down, and draw your chin in and back to give yourself a slight double chin. (It can help to do this against a wall so the shape of the back of your head can guide your chin inward).

You may feel a stretch at the back of the neck and down between the shoulders.

To slightly increase the stretch keep the chin tucked in, and move your head back 1-2 cms, **but do not cause pain**

Foam roller or Rolled up Towel Stretch For Thoracic Extension

A foam roller (can be found in most sports shops) or a rolled up towel are great DIY mobilisations tools for the spine.

Fig.1: Place the foam roller under your back as shown. Breathe normally keeping your back and neck relaxed. Hold this position for 15 – 90 seconds provided it is comfortable and does not cause pain.

Fig.2 : shows how this can be progressed with the roller or towel going side-to-side. Start with arms crossed across your chest and progress to them being over your head

1.



2.

