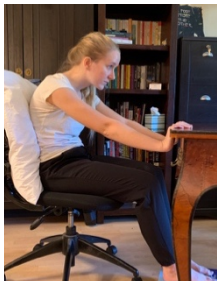
RIB RETRACTION/SHOULDER PROTRACTION AKA "RIB TRICK"



Instructions:

Starting Position: Lie on back. Knees bent. Feet on floor. Arms towards ceiling. Posterior pelvic tilt.

1. Exhale: Reach both arms towards the ceiling allowing shoulder blades to lift off floor. Lower ribs will sink towards the floor.
2. Inhale: Keep lower ribs down. Breath into back ribs.
3. Continue breathing sequence for __ repetitions.

Alternate Position: Sit with back fully against a chair, hands on edge of table

1. Exhale: Push both hands into table allowing lower ribs to push backwards and inwards.
2. Inhale: Maintain position keeping lower ribs back and in. Sense breath inflate back ribs.
3. Continue breathing sequence for __ repetitions.

Alternate Position: Stand with back imprinted against wall (posterior pelvic tilt) & knees slightly bent. Hands reach forward 90 degrees.

1. Exhale: Reach both hands forward allowing lower ribs to push backwards and inwards. Shoulders will peel off wall.
2. Inhale: Maintain position keeping lower ribs back on wall. Sense breath inflate back ribs.
3. Continue breathing sequence for __ repetitions.

Tips:

Posterior Rib Expansion: During inhalation, imagine the back ribs and pelvis lengthening away from each other (while still staying on the floor).

Cervical Lordosis: Allow head to roll backwards to inhibit superficial neck flexors. DON'T CHIN TUCK.

Variations:

Alternating Arm Reach: Perform 1 repetition of above exercise, then reach one arm farther and reverse alternating as if trying to climb a rope. Allow thorax to rotate with movement.