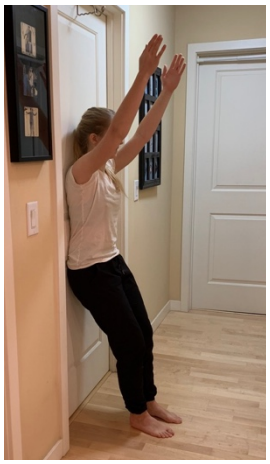
ARM ARCS

Starting Position: Lie on back. Knees bent. Feet on floor. Arms towards ceiling. Posterior pelvic tilt or neutral spine.
Alternate Position: Stand with back against wall (in posterior pelvic tilt or neutral spine) & knees slightly bent. Hands reach forward 90 degrees.


Instructions:
1. Exhale: Raise arms overhead keeping shoulders away from ears.
2. Inhale: Return arms to starting position.
3. Repeat for __ repetitions.

Tips:
Rib Position: Perform "Rib Trick" to position thorax, maintain lower ribs down on mat for exercise.
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:
Full ROM: Start with arms by hips and arc arms overhead and back to hips.
Alternating Arm Arcs: Raise one arm overhead and lower the opposite arm towards hips, reverse.
Breath Pattern: May reverse breath pattern to make it more challenging to maintain rib position.
Slow Arc: Raise arms overhead a few inches at a time on exhale for more mindful rib control and allow breath to improve shoulder flexion ROM.