Standing Side Bending Stretch

1. Stand straight up with your feet about shoulder width apart.
2. Lift your arm up on the side you want to stretch. With your arm in the air, reach it up and across your body towards the ceiling until you feel a stretch.

Reps: 2-3 | Sets: 1-2 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=c7JfmtmUofI

Thoracic Side Bend Stretch

1. Place your hands on the back of your head with your elbows up.
2. Bend your upper body to the side, moving your elbows from side to side.

Reps: 2-3 | Sets: 1-2 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=Telg2kXMn20

Corner Chest Stretch

1. Stand in a corner, and place one hand on each side of the wall. Put one foot in the corner in a lunge position.
2. Lean into the wall until you feel a stretch in your chest area. You can change the height of your hand placement to get a slightly different stretch.

Reps: 2-3 | Sets: 1-2 | Hold Time: 30 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=QkNXMOSBvMo
Chest Stretch on a Foam Roll

1. Lie down with a foam roll underneath you along your spine. Bring your hands up into a stop sign position.
2. Relax your arms down, letting them fall to the floor.
   Reps: 2-3 | Sets: 1-2 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day
**You can change your arm position to get different stretch. For example, making a "Y" position as well.**

Inferior Capsular Stretch

1. Take the arm of the side you want to stretch, and bring it up in the air.
2. Bend your arm back, bringing your hand behind you making your elbow point towards the ceiling. Take your other hand and push your elbow back until you feel a stretch. Hold the stretch.
   Reps: 2-3 | Sets: 1-2 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day

Posterior Capsular Stretch

1. Take the arm you want to stretch, and bring it across your body at shoulder height with your palm down.
2. Take your other hand and push your arm at your elbow further across your body until you feel a stretch, and hold it.
   Reps: 2-3 | Sets: 1-2 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day

Cat Dog Stretch

1. Get on all fours in the quadruped position. Arch your back like a cat and tuck your chin in to your chest at the same time.
2. Then drop your back down into a sagging position and pick your head up looking straight ahead.
   Reps: 5-10 | Sets: 2-3 | Hold Time: 3-5 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=ySgyJAQz7Ts

Video: hepbuilder.com/v.php?y=lip2ONHKsTk

Video: hepbuilder.com/v.php?y=8ceVfHCfmB0

Video: hepbuilder.com/v.php?y=WyvnkwfJcto
Thoracic Rotation in Quadruped

1. Get on all fours or in quadruped. Drop down onto your elbows, and place the hand of the side you want to stretch back behind your neck.
2. Rotate your upper body so your elbow is pointing toward the ceiling. Watch your elbow with your eyes so your head moves with your body.

Reps: 10-15 | Sets: 2-3 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=VoZ5ucJ9NVU

Supine Diaphragmatic Breathing (Belly Breathing)

1. Lying down, place one hand on your chest and one on your belly.
2. Try to breathe into your belly where only the hand on your belly is rising.

Reps: 10-15 | Sets: 2-3 | Hold Time: 1-2 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=tmh5xfSZhBk

Deep Breathing with Arm Movements

1. Sitting or standing, put your arms out to your side like you are going to do a jumping jack.
2. As you bring up your arms, take a deep breath trying to lift your ribcage.

Reps: 5-10 | Sets: 2-3 | Hold Time: 1-2 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=O-WK1JN_7Q

Disclaimer: These exercises were selected by your healthcare provider. To avoid injury, use caution when performing them. If you experience any pain or discomfort, stop the exercise and contact your healthcare provider.