

Notes :

1 Thoracic rotation



Sets: 2 Reps: 10-12



Lie on your side with the hips and knees bent in front of you. Both hands are placed together in front of your chest.



Keep the bottom arm on the floor, roll back and have the top arm reach back toward the floor, opening up the chest. Make sure you keep your arm in line with the collar bone to preserve the shoulder's integrity.



Think about bringing your shoulder blade down to the floor. Maintain the position and return slowly to the starting position.

2 Half-kneeling trunk rotation



Sets: 2 Reps: 10 Other: controlled



Kneel down on one knee with the other foot in front of you and flat on the ground.

Maintain your length by keeping your spine upright and trying not to lean forward.

Hold your hands out in front of your chest (holding a Pilates circle, a ball or similar) and fully rotate your spine to one side with arms extended.

Return to the centre.

Rotate the other way.

Try to keep your arms directly in front of your chest throughout the whole movement.



3 Trapezius on wall



Sets: 2 Reps: 10 Other: controlled

Stand facing a wall with both hands placed on the wall (little finger side).

Slowly lift your hands along the wall up and to the outside creating a 45 degree angle while pulling your shoulder blades together and downward.

Return to the initial position and repeat.

4 Scapular muscle release



Duration: as required

Stand up and place the ball between your back and the wall. It should be positioned over your shoulder blade.

Roll the ball over the area to massage the scapular muscles.