



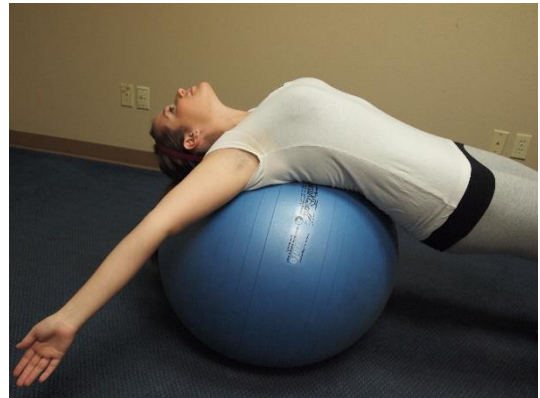
Rehabilitative Exercises | Thoracic Stretches

T5 Chest Ball Stretch

1



2



- 1- Lay on your back on the ball, with knees bent and feet securely on the floor. Hold your arms out in a Y position.
- 2- Let your neck relax back until it touches the ball. Straighten your knees and point your toes and allow your head to continue to drop over the ball bringing your arms back as far as you can.
- 3- Hold position for ____ seconds. Repeat for ____ times a day.