

1



UPPER TRUNK ROTATIONS - UTR

Cross your arms over your chest, then twist your trunk to the side.

Repeat 10 Times
Hold 10 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

5



SIDELYING TRUNK ROTATION

While lying on your side with your arms out-stretched in front of your body, slowly twist your upper body to the side and rotated your spine. Your arms and head should also be rotating along with the spine as shown. Follow your hand with your eyes.

Repeat 15 Times
Hold 5 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

2



THORACIC ROTATION - QUADRUPED

While in a crawl position, lower your buttock a little towards your feet to get in a lower position as shown.

Next, with a hand behind your head, rotate your body and your head to the side, then return.

Repeat 15 Times
Hold 5 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

6



PLANK

While lying face down, lift your body up on your elbows and toes. Try and maintain a straight spine. Do not allow your hips or pelvis on either side to drop.

Repeat 15 Times
Hold 5 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

3



CAT AND CAMEL

While on your hands and knees in a crawl position, raise up your back and arch it towards the ceiling.

Next return to a lowered position and arch your back the opposite direction.

Repeat 20 Times
Hold 3 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

7



ELASTIC BAND ROWS - 90 ABD

Holding an elastic band with both hands, draw back the band as you bend your elbows. Keep your about 90 degrees away from the side of your body.

Repeat 30 Times
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day

4



TOWEL SELF MOBILIZATION - SEATED

While sitting in a chair, lean backwards over a rolled up towel against the back rest.

Repeat 15 Times
Hold 5 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

8



QUADRUPED ALTERNATE ARM

While in a crawling position, slowly raise up an arm out in front of you.

Repeat 16 Times
Hold 5 Seconds
Complete 1 Set
Perform 1 Time(s) a Day