



Chest Stretch Over Pillow

Purpose:

Releases chest tightness, reduces thoracic kyphosis.

Benefit:

Improves thoracic rotation potential, improves address posture position.

Instructions:

Lay over folded pillow(s) positioned across shoulder blades, knees bent and arms up and out. You should feel a stretch across your chest and/or front shoulders. You may increase the stretch by adding more pillows.

Quantity:

Hold _____ minutes _____ reps.

