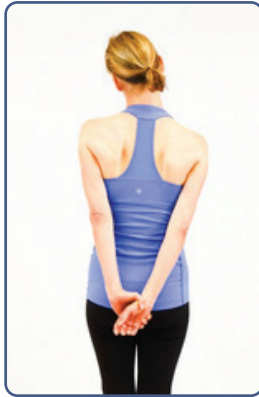


TOS TUNE-UP

THORACIC OUTLET PROTOCOL



Exercise 7: Upper Trapezius/Scalene Stretch - Standing

Sets: 1 | Reps: 3 | Time: 30sec | Rest: - | Freq: Daily

Start: Begin in a standing position using the left hand to hold the right wrist behind the back.

Movement : Slowly bend neck to the left side while using the left hand to pull downward on the right wrist. Stretch should be felt in the upper trap area. Hold for prescribed time and perform the prescribed number of repetitions before switching sides.



Exercise 2: Corner Stretch

Sets: 1 | Reps: 3 | Time: 30 sec | Rest: - | Freq: Daily

Start: Begin facing a corner with both hands at shoulder level on each wall.

Movement : Slowly and gently lean your chest forward into the corner of the wall. You should feel a gentle stretch in the front of your shoulders and into your chest. Hold for 20-30 seconds and repeat as instructed. Repeat for prescribed repetitions and sets.



Exercise 7: Floor Angels

Sets: 3 | Reps: 10 | Time: - | Rest: 30 sec | Freq: Daily

Start: Begin lying on floor facing up. Bend knees with feet flat on floor. Extend arms to sides below shoulders level, elbows bent to 90° with palms facing up.

Movement : While attempting to maintain forearm contact with floor, slide arms upward, squeezing shoulder blades together. Once forearm can no longer keep contact with the floor, slowly return to start position and repeat prescribed repetitions and sets.



Exercise 4: Upper Back Mobility Ball Myofascial Release

Sets: 1 | Reps: 3 | Time: 60sec | Rest: 30sec | Freq: 3x/wk

Start: Lay on back with feet flat on the floor. Place two mobility or yoga balls on either side of the spine in the upper back.

Movement : Place hands behind head and lift hips off the ground and move body up and down. Then place arms across chest and move as desired to have balls contact areas of tightness.

TOS TUNE-UP pg.2

THORACIC OUTLET PROTOCOL



Exercise 4: Prone Blackburn T

Sets: 3 | Reps: 10 | Time: 30- | Rest: 30sec | Freq: 3x/wk

Start: Begin lying face down. Arms should be extended to sides at shoulder level with hands at 9 and 3 o'clock position. Make hands into a soft fist with thumbs up. A pillow, or rolled towel, may be placed under forehead for comfort.

Movement : Activate core muscles. Lift hands and arms toward ceiling. Then squeeze shoulder blades together. Neck muscles should remain relaxed. Hold for 5 seconds. Return to start position and repeat for prescribed repetitions and sets.



Exercise 2: Brugger Postural Upper Body with Resistance

Sets: 3 | Reps: 10 | Time: - | Rest: 30sec | Freq: 3x/wk

Start: Stand up straight with your palms facing away from you and band draped across your thumbs in front of your wrists. Leave a little slack in the band in front of you. Bring your hands over the top of the band and under so that the band is wrapped around your hands. Your hands should now be in front of you, palms facing one another, thumbs up, elbows at 90 degrees.

Movement : Begin by extending your wrists while turning your palms up. Pull your hands apart by rotating your shoulders externally while straightening your elbows. Slowly return your arms to start position and repeat for recommended sets and reps.