



PhysioTools

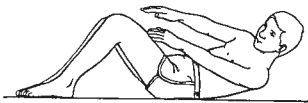
Work with the Best

Children's Mercy Pectus Center

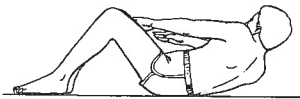


1. Lie on back with knees bent
2. Cross arms over chest
3. Raise head and shoulders, curl trunk upward as shown
4. Hold _____ seconds
5. _____ repetitions, _____ times per day

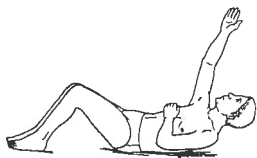
© The Saunders Group Inc.



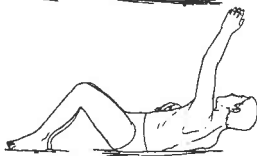
1. Lie on back with knees bent
2. Reach toward knees, raise head and shoulders, curl trunk upward and to the side as shown
3. Hold _____ seconds, repeat in opposite direction
4. _____ repetitions, _____ times per day



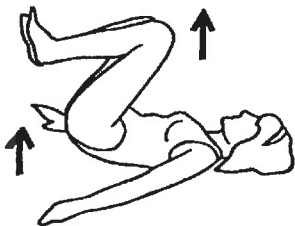
© The Saunders Group Inc.



1. Lie on back with knees bent
2. Reach upward with one arm, lifting head and shoulder blade off the floor
3. Hold _____ seconds, repeat with opposite arm
4. _____ repetitions, _____ times per day



© The Saunders Group Inc.

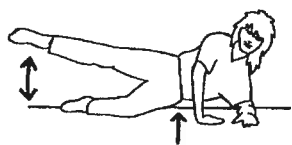


Lying on your back with knees bent up towards your chest and arms relaxed by your side.

Tighten your lower stomach muscles, lift knees upwards and bottom off the floor.

Repeat ___ times.

Sidelying leaning on your elbow and the other arm in front of you. Keep the leg on the floor bent and upper leg straight as in the picture.



Lift your pelvis towards the ceiling leaving knee and calf on the floor. Then lift upper leg with heel leading - lower pelvis and leg to starting position.

Repeat ___ times.

© PhysioTools Ltd