

Clinician Notes

Pectus Carinatum

STEP 1



STEP 2



Standing Shoulder Horizontal Abduction with Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing position holding a resistance band in each hand with your arms straight in front of your body and fists facing the floor.

Movement

Pull your hands apart until they are directly to your sides, then return to the starting position and repeat.

Tip

Make sure to keep your arms level and think of squeezing your shoulder blades together as you pull the band. Maintain good posture during the exercise and avoid shrugging your shoulders.

STEP 1



STEP 2



Shoulder Extension with Resistance - Palms Forward

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing upright with your arms straight forward and palms facing up, holding the ends of a resistance band that is anchored overhead in front of you.

Movement

Pull your arms down to your sides, squeezing your shoulder blades together. Then bring them back up to the starting position and repeat.

Tip

Make sure to keep your elbows and back straight, and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Standing Scapular Retraction

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your arms resting at your sides.

Movement

Gently squeeze your shoulder blades together, then relax them and repeat.

Tip

Make sure to keep your back relaxed and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Scapular Retraction with Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing upright with your elbows bent and tucked at your sides, holding the ends of a resistance band that is anchored in front of you.

Movement

Squeeze your shoulder blades together and downward, pulling against the resistance band. Hold this position, then relax and repeat.

Tip

Make sure to keep your back straight and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Standard Plank

REPS: 30 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your front, propped up on your elbows.

Movement

Engage your abdominal muscles and lift your hips and legs up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.

STEP 1



STEP 2



Bird Dog

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin on all fours, with your arms positioned directly under your shoulders.

Movement

Straighten one arm and your opposite leg at the same time, until they are parallel to the floor. Hold briefly, then return to the starting position.

Tip

Make sure to keep your abdominals tight and hips level during the exercise.

STEP 1



STEP 2



Kneeling Push Up

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin on all fours on a comfortable surface.

Movement

Move your body forward into a push-up position, keeping your knees on the ground. Slowly lower your body to the ground then push yourself back up.

Tip

Make sure to keep your back straight and maintain a gentle chin tuck throughout the exercise.