

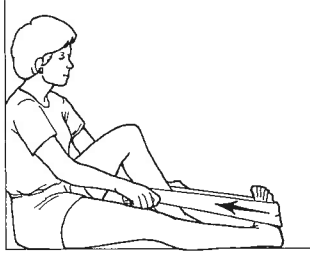


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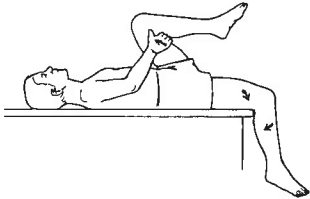
# Children's Mercy Hospital Pectus Center

Provided for : Pectus Carinatum



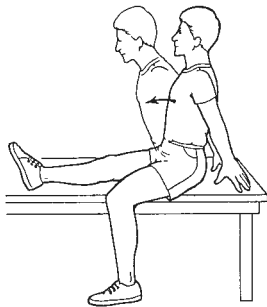
1. Sit on floor with towel or strap around foot as shown
2. Pull top of foot toward your body so that you feel a stretch
3. Hold 30 seconds
4. 2 repetitions, 2-3 times per day each leg

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1. Lie on bench with leg hanging over edge
2. Bend the knee, keeping the thigh flat on the bench
3. Pull your other knee up to your chest as shown
4. Hold 30 seconds
5. 2 repetitions, 2-3 times per day each leg

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1. Sit with leg straight on bench as shown
2. Lean forward, keeping the back straight, so that a stretch is felt
3. Hold 30 seconds
4. 2 repetitions, 2-3 times per day each leg

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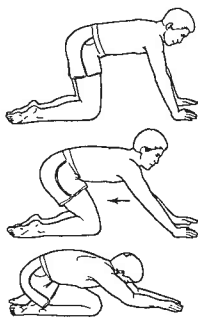
1. Lying on your back with knees bent. Cross the ankle of the leg to be stretched over the other knee. Put your arms around the thigh as shown.
2. Bring your thigh towards your stomach. Feel the stretch in you buttock.
3. Hold 30 seconds
4. 2 repetitions, 2-3 times per day each leg

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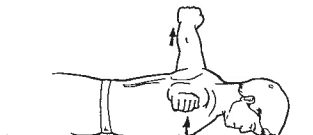
Pectus Center

1/3



1. Assume a hands and knees position
2. Shift your trunk backwards without moving your hands and try to sit on your heels.
3. Hold 30 seconds
4. 2 repetitions, 2-3 times per day

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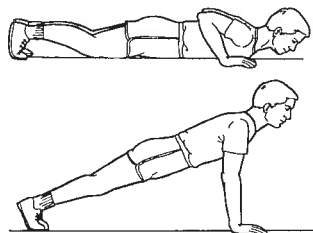
1. Lie on belly with arms at 90 degrees out to side
2. Raise arms upward 1-2 inches
3. slowly lower
4. 2 x 10 repetitions, 2-3 times per day

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1. Lie on belly with arms overhead
2. Raise arms upward 1-2 inches
3. slowly lower
4. 2 x 10 repetitions, 2-3 times per day

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1. Assume position with hands on the wall
2. Straighten arms to raise your trunk (push-up)
3. Slowly lower
4. 2 x 10 repetitions, 2-3 times per day

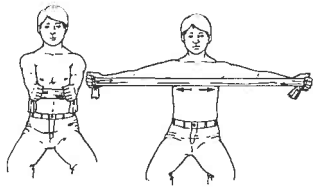
if this is too difficult, start with knees on the bed until strength increases

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1. Stand in a corner about 1-2 feet from wall with hands on wall as shown
2. Lean into corner so that you feel a stretch
3. Vary the stretch by moving arms higher or lower, or by standing farther away from wall
4. Hold 30 seconds
5. 2 repetitions, 2-3 times per day

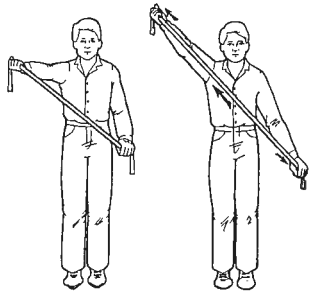
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1. Hold rubber tubing in outstretched arms as shown
2. Keeping elbows straight and arms level, pull arms backward
3. Slowly relax
4. 2 x 10 repetitions, 2-3 times per day

Order of resistance is yellow, orange, green, blue, then purple, spend at least 2 weeks on each color before increasing to then next. If too much strain or compensation is seen after increasing to the next resistance, return back to using the easier band

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1. Grasp rubber tubing as shown
2. Move straight arms apart, stretching the tubing in a diagonal pattern
3. Slowly relax
4. 2 x 10 repetitions, 2-3 times per day with both right hand up, then switch and repeat for left hand.

Order of resistance is yellow, orange, green, blue, then purple, spend at least 2 weeks on each color before increasing to then next. If too much strain or compensation is seen after increasing to the next resistance, return back to using the easier band

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