Provided for: Pectus Excavatum

1. Reach up behind your head as shown
2. Press elbows backward so that you feel a stretch causing your chest to fill out.
3. Bend forward from the hips until the stretch increases, then hold for 5 seconds
4. Do this 20 times repetitions, repeat 2 times per day

1. Assume position with hands on the floor
2. Straighten arms to raise your trunk (push-up)
3. Slowly lower
4. If it is too difficult to complete this on your toes, then complete a kneeling push up with your knees on the ground instead.
4. Start with 2 sets of number of pushups you can do with good technique, then over time increase to 25 pushups at a time. Repeat this 2 times per day

1. Hold a _________ lb weight in both hands
2. Lie on back with arms out to side as shown
3. Raise arms straight upward so that fists point toward ceiling
4. Slowly lower
5. Do this 20 times repetitions, repeat 2 times per day

1. Stand with arms at sides with good posture
2. Pinch shoulder blades together as shown and stick out your chest as though you were standing at attention in the military.
3. Take a deep breath and hold it to fill you chest out more. Hold this for as long as you can, then breath out slowly. Stop if you get light-headed or dizzy.
4. Do this for 20 repetitions. Repeat 2 times per day