

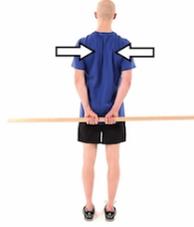
## Clinician Notes

pectus excavatum

STEP 1



STEP 2



### Chest Stretch with Shoulder Squeeze

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

#### Setup

Begin in a standing upright position holding a dowel behind your back with both hands together.

#### Movement

Gently squeeze your shoulder blades together. You should feel a stretch in the front of your chest.

#### Tip

Make sure to only move your shoulder blades and keep your hands close to your body.

STEP 1



STEP 2



### Supine Lower Trunk Rotation

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

#### Setup

Begin lying on your back with your knees bent and feet resting on the floor.

#### Movement

Keeping your back flat, slowly rotate your knees down towards the floor until you feel a stretch in your trunk and hold.

#### Tip

Make sure that your back and shoulders stay in contact with the floor.

STEP 1



STEP 2



STEP 3



### Doorway Pec Stretch at 90 Degrees Abduction

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

#### Setup

Begin in a standing upright position in the center of a doorway.

#### Movement

With your elbows bent, place your forearms on the sides of the doorway at a 90 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

#### Tip

Make sure to maintain a gentle stretch 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



### Shoulder External Rotation and Scapular Retraction with Resistance

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

#### Setup

Begin in an upright standing position with your arms by your sides, holding a resistance band in both hands. Bend your elbows to approximately 90 degrees with your palms up.

#### Movement

Slowly rotate your forearms out to the side. As you do so, pinch your shoulder blades down and back together. Pause briefly, then return to the starting position.

#### Tip

Make sure that you keep the bend in your elbows as you rotate your arms. Avoid shrugging your shoulders.

STEP 1



STEP 2



## Shoulder extension with resistance - Neutral

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

### Setup

Begin standing upright with your arms straight forward and palms facing inward, 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.