

HOME EXERCISES



PHYSIOTUTORS

Cervical and thoracic spine

MOBILISATION EXERCISES

Retraction of the cervico-thoracic spine (sitting)



Retraction of the cervico-thoracic spine (standing)



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Cervical and thoracic spine

MOBILISATION EXERCISES

Retraction of the cervico-thoracic spine (lying)



Extension of the cervical spine (sitting)



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Cervical and thoracic spine

MOBILISATION EXERCISES

Flexion of the cervico-thoracic spine (sitting)



Extension of the thoracic spine (lying)



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MOBILISATION EXERCISES

Rotation of the cervical spine (sitting)



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Cervical and thoracic spine

STRENGTHENING EXERCISES

Sustained neck flexion chin-tuck + neck flexion (lying)



Dynamic neck flexion + chin to chest (standing)



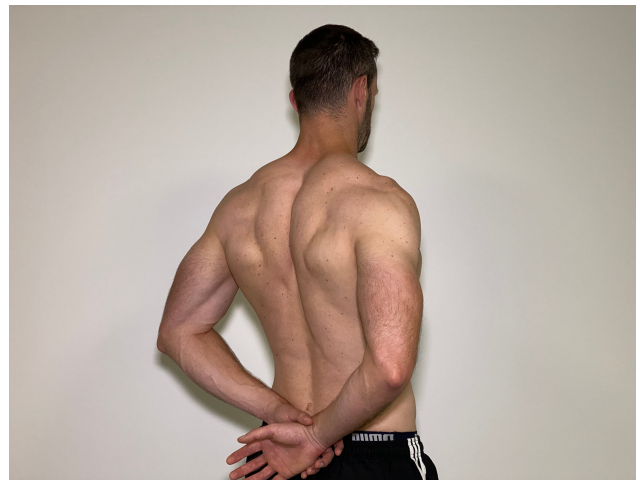
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STRENGTHENING EXERCISES

Adduction of the scapulae



Retraction with elastic band



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