

Scapulas adduction muscle isometric activation 112255

- Roll the pelvis forward to create a normal lumbar lordosis
- Lift the sternum, so the shoulders fall back into a neutral position, slightly in front of the chair.
- Tuck the chin as if making a double chin and lift the head while maintaining the chin tuck.
- Bring your scapulas together (shoulders back) as much as you can.
- Hold it for 12 s.
- Relax and repeat.

Scapulas adduction muscle isometric activation II 112545

- Roll the pelvis forward to create a normal lumbar lordosis
- Lift the sternum, so the shoulders fall back into a neutral position in contact with the chair.
- Bend your elbows in 90 degree flexion.
- Tuck the chin as if making a double chin and lift the head while maintaining the chin tuck.
- Push your shoulders and arms against to the back of the chair..
- Hold it for 12 s.
- Relax and repeat.

Thoracic muscle strengthening and stretching exercises combination.113046

- Adopt the mentioned sitting position.
- Roll the pelvis forward to create a normal lumbar lordosis
- Lift the sternum, so the shoulders fall back into a neutral position, slightly in front of the chair.
- Tuck the chin as if making a double chin and lift the head while maintaining the chin tuck.
- Then place a rubber band around your chest and your chair's back.
- Push the band while you bend your torso forward (hip flexion) with your shoulders.
- Hold it for 12 s.
- Slowly relax gradually as the band pulls your shoulders backwards while you feel the stretching of the thoracic muscles.
- Hold it for 12 s.

Muscle back strengthening and stretching exercises combination.113814

- Place another chair in front of your chair.
- Then place a rubber band around the other chair's back.
- Adapt the mentioned sitting position.
- Roll the pelvis forward to create a normal lumbar lordosis
- Lift the sternum, so the shoulders fall back into a neutral position, slightly in front of the chair.
- Tuck the chin as if making a double chin and lift the head while maintaining the chin tuck.
- Pull the band with bended elbows and adduct your scapula as much as you can while you rotate your forearms outwards.
- Hold it for 12 s.
- Slowly relax gradually as the band pulls you in forward way while you rotate your forearms inwards.
- Feel the stretch in your upper back and shoulders.