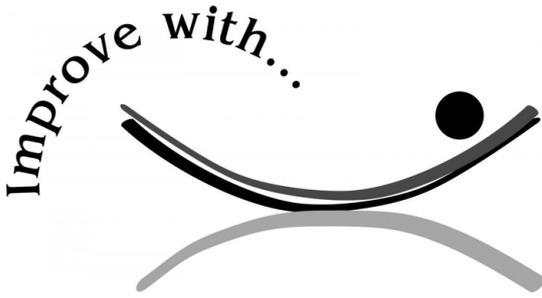


RES Rx

Wednesday July 15, 2020



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Breast and Chest Health

Notes:

Head Hang

Relax chin to chest to maintain the correct length of the muscles on the back of the neck, and release accumulated tension. If you are standing, make sure your weight is in your heels, and the bottom of your ribs are relaxed down to experience the most effective load. Breathe into the upper back. Gently reach your fingers towards the floor. Hold for 60 seconds.



Hand Stretching

Keep hands strong and supple by maintaining appropriate musculature length of the palms, fingers and thumbs. Keep middle finger, wrist, elbow and shoulder in the same plane with elbow pit pointing straight ahead.



Thoracic Stretch

Stretch out and mobilize those tight shoulders and rib cage with this move. Be sure to keep wrists straight, elbow pits pointing upwards, hips behind ankles with weight in the heels, and legs fully extended. Practice this until the tailbone can be higher than the waistband, bending forward only from the hip joint. Work up to a 60 second stretch.



Rhomboid Pushup



Awaken the rhomboids to gain stabilization of the scapula. In quadruped position, keep elbows slightly bent, head relaxed down, and knees upon blocks and positioned directly below the hip bone. Fingers point forward, and open up the thumbs. First relax the ribcage downward by letting it sink between the upper arm bones. Next push the ribcage upwards until medial (inside) edge of the scapula are flat against the surrounding tissue. Don't let the ribcage rotate at the shoulder joint, but keep the top and bottom of the ribcage the same height relative to each other as you cycle through the motion. Be careful to isolate the ribs, keep the arms and pelvis still. Start with 10-20 slow reps and increase as your tissues adapt.

An advanced version is to rotate the upper arm bones so the elbows face back towards the thighs. Squeeze the elbows towards each other continuously while cycling through the motion.

Floor Angels



Stretch out those tight pectoralis and inner arm muscles. Make sure to keep ribs relaxed down and head supported. Externally rotate your arms so that the thumbs point to the ground and slowly move your arms in a snow angel movement. An advanced version is to protract the scapula and stabilize during the entire range of motion. Add varied hand positions: flexed wrists with pinkies to the floor will stretch fascia and nerve; knuckles brush the floor, palms face upwards, and elbows point to the floor while palms also point towards the floor.

Posterior Block Hold

Restore the external rotation of the shoulders while giving the trapezius muscles a much needed break. Using a light foam yoga block, squeeze block behind the back with the palms only--no clutching with the fingers. Lower the scapula and squeeze them together tightly, seeing if you can get the arms to disappear behind the body. A variation is to grasp the block with fingers and try to pull it apart. Alternate between the squeeze and the pull. Work up to a 60 second hold.



Windmill



Open up the chest and shoulder joint for full range of motion. Lie on your side. Bring the top knee towards the chest until the hip is flexed at 90, you may rest your knee and ankle on a bolster or pillow. Rotate the ribcage so that your back falls down towards the ground. Use the bottom hand to anchor the top knee. The right hand moves in a large arc similar to the "backstroke."

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