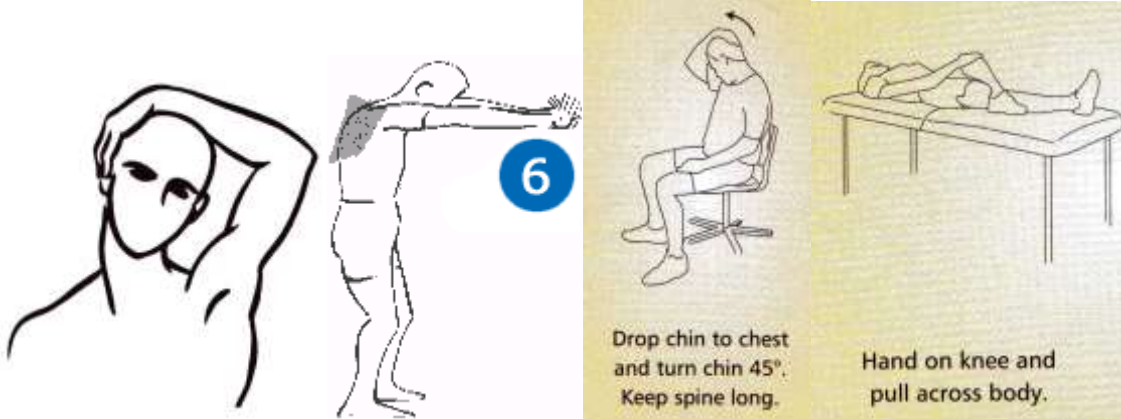


Useful Stretches during Pregnancy & Breastfeeding

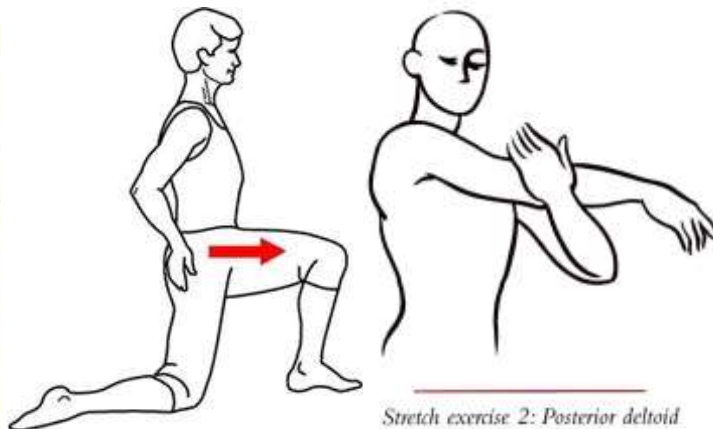


Drop chin to chest and turn chin 45°. Keep spine long.

Hand on knee and pull across body.



Figure 14-11: Supine thoracic extension over a rolled towel or balls. These stretches are useful for general or specific stretching of tight thoracic segments. It is helpful for forward head, rounded shoulder posturing when actual upper back tightness is a contributing factor. Varying degrees of shoulder abduction can be added to stretch tight upper limb neural structures. The stretch can be made gentler or more vigorous by varying the size and position of the rolled towel. Tennis balls or racquetballs in a sock can also be used for a more specific or vigorous segmental stretch.



Stretch exercise 1: Trapezius



Stretch exercise 2: Pectoralis major