



Rhomboid Reach

1a. Sit with legs outstretched and feet about 3' apart. Reach for outside of left ankle with right hand.

1b. Grip firmly as you press right ribs away from your hand until a stretch is felt in the upper back and shoulder. Hold 30 seconds. Repeat on other side.

HINT: If you are unable to sit up straight with legs extended, sit on small cushion .

Standing Rhomboid Reach

2. Stand with legs outstretched and feet about 3' apart. Reach for outside of left ankle with right hand. Grip firmly as you press right ribs away from your hand until a stretch is felt in the upper back and shoulder. Hold 30 seconds. Repeat on other side.

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Rhomboid Roll

3a. Lie on your back with left knee bent and right arm outstretched to your side at shoulder level.
 3b & c. Push off with right foot to roll gently over onto right arm until a stretch is felt behind right shoulder and upper back. Hold 30 seconds. Repeat on other side.

