

MARIN PHYSICAL THERAPY

Cervical/Thoracic Stabilization Training

___ Sets of ___ Repetitions



1. Flexion. Maintain spinal alignment. Start with fists on floor. Raise arms up with straight elbows.



2. Field Goal Posts. Shoulders and elbows at 90 degrees. Elevate arms upward.



3a. Retractable wings. Begin with elbows at side. Maintain hands and elbows in line with body.....



3b.....End with arms overhead.