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.


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

3b….End with arms overhead.