

Rhomboid Muscle Strain or Spasm Rehabilitation Exercises



Pectoralis stretch



Thoracic extension



Arm slide on wall



Scapular squeeze



Mid-trap exercise



Thoracic stretch



Thoracic side stretch



Rowing exercise

THORACIC OUTLET SYNDROME EXERCISES



[View image](#)

- Scalene stretch:** Sit or stand and clasp both hands behind your back. Lower your left shoulder and tilt your head toward the right until you feel a stretch. Hold this position for 15 to 30 seconds and then come back to the starting position. Then lower your right shoulder and tilt your head toward the left. Hold for 15 to 30 seconds. Repeat 3 times on each side.
- Pectoralis stretch:** Stand in an open doorway or corner with both hands slightly above your head on the door frame or wall. Slowly lean forward until you feel a stretch in the front of your shoulders. Hold 15 to 30 seconds. Repeat 3 times.
- Scapular squeeze:** While sitting or standing with your arms by your sides, squeeze your shoulder blades together and hold for 5 seconds. Do 2 sets of 15.
- Arm slide on wall:** Sit or stand with your back against a wall and your elbows and wrists against the wall. Slowly slide your arms upward as high as you can while keeping your elbows and wrists against the wall. Do 2 sets of 8 to 12.
- Thoracic extension:** Sit in a chair and clasp both arms behind your head. Gently arch backward and look up toward the ceiling. Repeat 10 times. Do this several times each day.
- Rowing exercise:** Close middle of elastic tubing in a door or wrap tubing around an immovable object. Hold 1 end in each hand. Sit in a chair, bend your arms 90 degrees, and hold one end of the tubing in each hand. Keep your forearms vertical and your elbows at shoulder level and bent 90 degrees. Pull backward on the band and squeeze your shoulder blades together. Do 2 sets of 15.
- Mid-trap exercise:** Lie on your stomach on a firm surface and place a folded pillow underneath your chest. Place your arms out straight to your sides with your elbows straight and thumbs toward the ceiling. Slowly raise your arms toward the ceiling as you squeeze your shoulder blades together. Lower slowly. Do 3 sets of 15. As the exercise gets easier to do, hold soup cans or small weights in your hands.

Developed by RelayHealth.

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