

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

RHOMBOID STRAIN OR SPASM EXERCISES



View image

You may do all of these exercises right away.

- 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.
- 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.
- 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.
- 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.
- 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.
- Thoracic stretch:** Sit on the floor with your legs out straight in front of you. Hold your mid-thighs with your hands. Curl your head and neck toward your belly button. Hold for a count of 15. Repeat 3 times.
- Thoracic side stretch:** Sit on the floor with your legs out straight in front of you. To stretch your right upper back, point your right elbow and shoulder forward while twisting your trunk to the left. Hold for a count of 15. Repeat 3 times. To stretch your left upper back, point your left elbow and shoulder forward while twisting your trunk to the right. Hold for a count of 15. Repeat 3 times.
- 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.

Developed by RelayHealth.

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@Box Hill Complete Health 5/25 Prospect Street Box Hill 3128 VIC	@Inspire Chiropractic 96 Canterbury Road Canterbury 3126 VIC	@Woodhouse Medical Centre 951 Station Street Box Hill North 3129 VIC
Email: evelyn@eferrer.net Web: www.muscledynamics-clinic.com.au Phone: 0433154428		