

Personal exercise program

Dental exercises

Malton Community Hospital
Ryedale Hub
Malton, United Kingdom

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Provided for



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Seated Chest Opener Dynamic Stretch

Sit up straight on a chair. Place your hands behind your back on the chair.

Tighten the muscles between your shoulder blades and push your chest forward by pressing your hands against the chair.

Hold 10 seconds.



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Seated Overhead Reach Stretch

Sit on a chair with arms by your side. Hold your hands and turn your palms facing forwards. Lift your arms over your head so that your palms face towards the ceiling.

Slowly reach your palms towards the ceiling while gently lengthening your spine. Hold while breathing evenly. Return to the starting position.

Repeat 5 times.



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Seated Lateral Trunk Stretch

Sit on a chair and support one hand on the chair. Lengthen your spine gently through the sitting bones to the top of your head.

Lift the other arm up and bend gently to the side with your arm reaching over your head. Hold while breathing evenly. Return to the starting position.

Repeat 10 times.



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Seated Upper Back Stretch

Sit on a chair and gently lengthen your spine.

Push your hands forward and allow your upper back and neck to follow and bend forward. Feel the stretch in your upper back, while breathing evenly.

Hold for 10 seconds.

Repeat 3 times.



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Seated Trunk Rotation

Sit on a chair with your legs hip width apart and place your hands behind your neck with your elbows pointing to the side. Keep your spine effortlessly elongated.

Maintaining width through your collarbones, allow your trunk to slowly rotate without effort. Breathe evenly and feel the movement. Slowly return and repeat to the other side. Use as little muscle work as possible.

Note. Keep your shoulders down.

Repeat 10 times.
