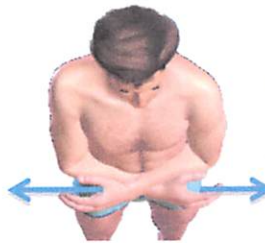


## Respiration

The following procedures can increase your ability to take a deep breath and to expel your air. This can help increase the level of oxygen in your blood stream and get carbon dioxide out of you.

First, place a towel around your ribs. Cross your arms and grasp the towel. Then, pull your hands to the side compressing your ribs gently while you take a deep breath. Do this for 3 breaths and then move the towel up your rib cage and repeat.



The second exercise will relax a small muscle that lies over your breast bone or sternum. Take your fists and gently tap over the whole breast bone while you are taking a deep breath. Do this for 5 – 6 breaths.



The last exercise will help to free up rib motion in the upper rib cage. Lie on a bed with your head almost falling off of the edge of it. Take a small weight – 2 – 3 pounds and extend your arms over your head. Now take a deep breath in and hold it for a 10 count. Then let all of your air out and hold it for a 10 count. Repeat this for at least 10 respirations.



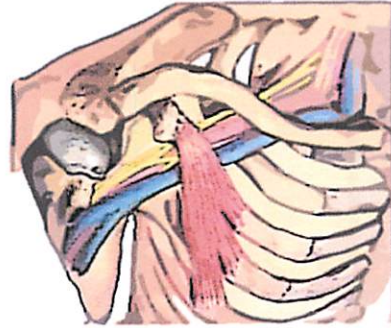
# Take Charge

## **Pectoralis Minor Home Exercise**

Do the following exercises on your right/left both sides.

### **What does this muscle do?**

This muscle covers the major arteries, veins and nerves going to the arm. If it shortens, it can pinch these structures. Shortening of the muscle also pulls your cage down and forward giving you a slumped over posture.



### **How does this happen?**

The muscle becomes short when our upper back become weak. Postural habits like sitting in a slouched position or reading in bed for extended periods of time also do not help.

### **What are the symptoms of shortening of this muscle?**

Tingling or numbness in the hand. Weakness of your grip or of the whole arm. Swelling in the hand. Breast tenderness, lower extremity swelling.

### **What happens if it isn't treated?**

As this muscle shortens, your overall posture will decline and this is part of the look that elderly people get. Slowly, the muscles of your upper extremity, especially of the hands will atrophy or shrink.



### **How do I treat this muscle?**

The treatment is a three-part process. First, you have to massage the muscle. Second, stretch your posture up. As this is problem that occurs with aging, once you start needing these exercises, you should continue these or other similar exercises for the rest of your life.

### **Massage**

If you place your hand behind your head, you will move the large pectoral, chest muscle away from covering this muscle.

Take your other hand and massage down along the muscle fibers. Imagine a "V" with the point of the "V" at the shoulder and the legs of the "V"



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extending down to the bottom of your breastbone. Massage along the legs of the “V”.

The muscle stops before the breast tissue starts. Do not massage into the breast tissue.

## Stretching

Lie on a bed, your head just falling off of the bed, with your arms over your head.



Holding a lightweight let it hang above your head. While holding this weight, take a deep breath in and hold it for a count of ten. Then let your breath out and again hold it for a ten count. Repeat this five times.

Standing in a doorway, straighten your arm and raise it so that it is in the upper corner of the doorway of the room behind you. Lean forward until you feel a stretch in your chest muscles. Hold this for a ten count and repeat.



## Strengthening exercises

Place an elastic cord with a knot in it through a door at the height of your breast. Close the door to lock the cord. Try and stand on the side of the door so that it opens away from you. This helps to insure that the door will not pop open and the cord hit you.

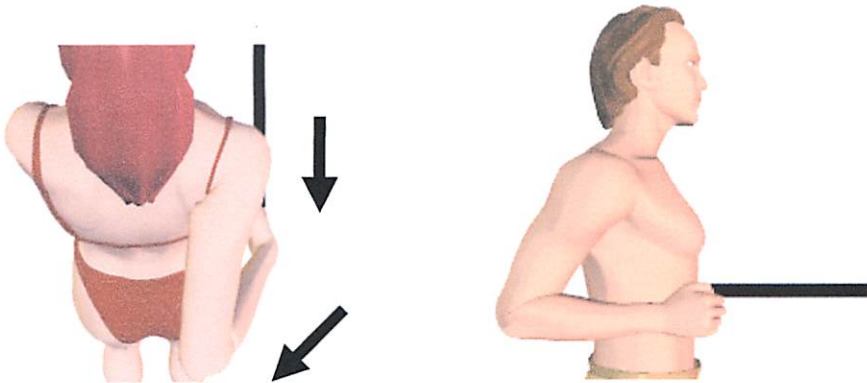
Bend your elbow to 90 degrees and grasp the cord.

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Pull back slowly keeping your forearm against your chest cage. As you go back, pull your elbow behind you in an arc. This makes you contract all of the important muscles behind your shoulder. Hold this for a count of three and slowly bring the arm back to its starting position.

Repeat this slowly.



For the latissimus, put the elastic cord over the top of a door and close it. Stand with your back to the door and grasp the ends of the cord over your head. Then pull downward keeping your hands along the door until your hands reach the level of your shoulder. Then slowly let your arms slide up the door and repeat



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