

10x each side

SEATED MOBILITY

SCM NECK STRETCH

Place 1 hand flat on collarbone. Tilt your head to the side away from your hand. Then, turn your head to look up above you. You should feel a stretch on the side of your neck. Hold this position and relax your upper traps. Repeat 10x on each side.



THORACIC SPINE MOBILIZATION

Sit in chair that preferably has a seat back that lands midway up for back. Clasp hands behind head and slowly lean backward, arching your back over the back of the chair. Repeat 10x.



THORACIC FLEX & EXTEND

Sit upright in chair with hands clasped behind head. Slowly bend your head & neck forward, curving your upper back. Hold for 5 seconds. Then bend backward, creating a curve in your upper back. Try to keep your lower back still during the movements. Repeat 10x each direction.



SCIATIC NERVE GLIDE

Sit on edge of chair. Clasp hands behind your back and slump forward with "bad" posture. From slumped position, slowly straighten one knee while bend your head backward to look up above you. Then slowly lower your foot and bend your head and neck back into the slumped position. Repeat 10x.



HIP EXTERNAL ROTATION

Sit upright in chair. Cross one leg over the other so that your ankle is resting on the opposite thigh. Press downward on the bent knee. Repeat 10x on each side.



HIP INTERNAL ROTATION

Sit upright in chair. Keep your knees stationary as you press your heels outward into the chair legs. Hold this position for 5 seconds, then relax. Maintain an upright posture. This will produce a small movement in the hip. Repeat 10x on each side.



KELSEY TANLER, DAT, LAT, ATC

MCFR HEALTH & INJURY PREVENTION

Kelsey is a Certified Athletic Trainer with experience working in public safety. Kelsey's goal is to return firefighters to full duty and full life. Contact Kelsey with any injury or health concerns or questions. You can schedule an appointment by email/phone through the QR code above.