

RIB STRETCHES

There are many different ways to stretch the ribs. Doing them sitting will keep the pelvis still and avoid “cheating” by moving the hips instead of the ribs.

Have the woman sitting with her feet supported for stability.

Raise the arms above the head, holding the wrist of the side you wish to stretch. Lean to side and gently traction on wrist to increase stretch.

Taking a deep breath in will increase the stretch.



A second stretch will focus more directly on the lower ribs.

Again have the woman seated.

This time she places her thumb and finger around the lower ribs on each side. (fingers to the front, thumbs to the back).

The woman then uses her hands to anchor on the ribs, one at a time as she sidebends to each side. This gives a more localised stretch for each rib and can be focused on any particular problem areas.

