

## Seated Chest Opener

**Goal:** To stretch the chest and shoulder muscles, strengthen the middle back muscles, and improve posture.

**Contraindications:** If you are undergoing a breast expander program or have undergone TRAM or DIEP flap reconstruction, see the modification.

**Equipment:** Chair.

Medium-sized ball (optional; squeezing the ball between your knees will help to activate the pelvic floor and transverse abdominis muscles).

► **Start:**

Sit on the edge of a chair.

Place hands gently behind the ears but do not interlace them.

► **Stretch:**

Inhale, then exhale as you bring elbows out to the side like wings. Imagine cracking a walnut between your shoulder blades. The movement may be small.

Hold for 10 to 20 seconds as you inhale and exhale. You will feel the muscles in your middle back working.

Inhale as you return elbows to start position.

