

IMG PHYSICAL THERAPY

805 N. Richmond St., Suite 103 Fleetwood, PA 19522

IMGPT.COM 610-944-8140

Chris Gordos, DPT Center Manager

Eric Parrish, MPT Staff Therapist

Rib Stretching Home Exercise Sheet

Rehabilitation of the ribs may take an extended period of time. A loss of strength, range of motion, and use is common after an injury. It may become frustrating at times, but you can be successful with hard work, patience, and listening to your body.

When you are exercising on your own at home there are some things to remember....

- * Any specific exercise that causes pain, especially sharp knife like pain, is hindering the healing process for your injury and should be modified or discontinued until you notify your therapist.
- * Increased swelling after exercise indicates that the exercise may be too difficult or it is not being done correctly.
- * Re-injuries during the rehabilitation process will slow your progress. If you get recurring pain reduce the range of motion to avoid the area of pain.
- * You should experience muscle soreness, dull ache, fatigue, and stretching sensations, but the exercises should not increase the pain or swelling.
- * Consult your Physician or Physical Therapist if any problems arise or if you have any questions regarding an exercise. It is better to make sure that you are doing an exercise correctly than to cause further injury by doing an exercise incorrectly.

These exercises are to be done 1 time per day.

**Stretch for 3 repetitions holding 90 seconds each time.

Ice or Moist Heat for 15 minutes after the exercises.

Do not ice before stretching.

Anterior Rib Stretch



Posterior Rib Stretch



Cross Left / Right leg under other leg. Place Left / Right Arm across ball as shown. Place opposite arm behind back. Keep arm relaxed. Lean towards ball as shown until stretch is felt in Ribs. **Hold 90 seconds. Repeat 3 times.**

Medial Rib Stretch



Cross Left / Right leg under other leg. Place Left / Right Arm across ball as shown. Reach across body with opposite arm and grasp wrists on ball. Lean towards ball as shown until stretch is felt in Ribs. **Hold 90 seconds. Repeat 3 times.**