

Below are the exercises I use to relieve costochondritis.

- 1) Stability Ball Bear Hugs:
 - <https://www.youtube.com/watch?v=4wWVCxs4mlk>
 - "Use your back muscles to hug and squeeze the ball towards your body. Maintain good posture during this movement"
 - 10 Reps
- 2) Prone Arm/Leg Raises:
 - <https://www.youtube.com/watch?v=PN-kaqlDzCE>
 - "Lie on your stomach with legs and arms stretched out. Raise one arm and the opposite leg. Hold for 3 seconds and lower down. Then switch to the opposite arm and opposite leg."
 - 10 Reps
- 3) Low Impact Stability Ball Back Extensions:
 - <https://www.youtube.com/watch?v=QEFxvNuQCHg>
 - "Keep the ball around the height of your sternum (not high up near your neck and not low pushing against your lower stomach and hips. Lift head and neck up while keeping your chest in contact with the ball. Focus on flexing the muscles of the upper back."
 - 20 Reps
- 4) Rear Deltoid Extensions with External Rotation
 - <https://www.youtube.com/watch?v=GWpdULXYFwY>
 - "Using an exercise band, externally rotate your arms and use the muscles between your shoulder blades to pull the band back so it stretches along the span of your arms."
 - 12 Reps
- 5) Wall Angels
 - <https://www.youtube.com/watch?v=YO87HFVgsGo>
 - "Lean back against a wall. Feet about one foot away from the wall with knees bent slightly. Flatten your low back so there is no space between your low back and the wall. Maintain contact between the wall and your back, neck, and head. Tuck your chin and maintain good posture. Raise your elbows and hands up against the wall so that your arms are bent 90 degrees and everything is flat against the wall. Raise your arms up against the wall and hold 3 seconds. Then, bring your arms down against the wall and hold for three seconds."
 - 10 Reps
- 6) Resistance Band Face Pulls
 - <https://www.youtube.com/watch?v=wWKh-Q4boXw>
 - "Fix an exercise band to a firm structure at the high of your head or slightly above. Stand back and pull the band towards your face as you open your arms to do so. Concentrate on flexing the muscles of the upper back. Pull in and hold for 3 seconds."
 - 10 reps
- 7) Chest Stretch with Foam Roll
 - <https://www.youtube.com/watch?v=i1j-iO-7HEE>
 - "Lie on the foam roll so your spine is in contact with the foam roll. Bring your arms up to your sides and let them fall naturally. Lie and allow the chest to open and stretch for about 1 to 2 minutes."
- 8) Bent-over Chest Stretch
 - <https://www.youtube.com/watch?v=fnQNg26ZZzE> (min. 10.03)
 - "Face towards a wall. Close enough so that your palms are touching the wall at shoulder height. Walk backwards about one foot. Bend over at the waist so that your torso bends downwards but your palms remain in the same position. Stretch your chest as you push through your palms. Hold for 3 seconds and come back up. Repeat."
 - 7 Reps

9) Upright Bent-Elbow Chest Stretch

- <https://www.youtube.com/watch?v=fnQNg26ZZzE> (min. 11.05)
- "Stand facing a wall with one foot back and one foot forward. Put your hands behind your head and bring your elbows close together. Keep your elbows about shoulder width apart. While looking upwards, bend your knees and press your elbows into the wall. Hold for 3 seconds and return to the start. Repeat."
- 7 Reps

10) Rhomboid Stretch on Hands and Knees

- <https://www.youtube.com/watch?v=COdEWMYqWm8>
- "Get on your hands and knees. Arch your back to get a good stretch. Hold for one second and then release. Repeat"
- 10 Reps
- **NO hands crossed and NO chin tucked.**

11) Prayer Stretch

- <https://www.youtube.com/watch?v=x1SdnOkQoo0> (min. 0.20)
- "Get on your hands and knees. Lean down and sit back on your feet while stretching your hand out as far as you can. Hold for 30 seconds and return to start. Repeat"
- 5 Reps
- **NO arm crossing**

12) Bent Over Lat Stretch

- <https://www.youtube.com/watch?v=x1SdnOkQoo0> (min. 1.03)
- "Place your hands on a solid surface close to shoulder height. Hold on tight as you arch your back and bend over at the waist. Hold for 30 seconds and return to start. Repeat"
- 5 Reps
- **I don't do the last exercise in the video**

13) Diaphragmatic Breathing

- <https://www.youtube.com/watch?v=kgTL5G1iblo>
- "Lie down with your back flat on the ground and your feet up against the wall (or knees bent and feet firmly on the ground). Breathe into your stomach through your nose and breathe out through your mouth. Keep one hand on your chest and one hand on your stomach. Use your hands to sense which part of your body is expanding with each breath. Concentrate on contracting your diaphragm, expanding your stomach, lower back, and upper back. There should be limited expansion of your chest."
- 10 Reps
- **I only do the one lying flat on the back**