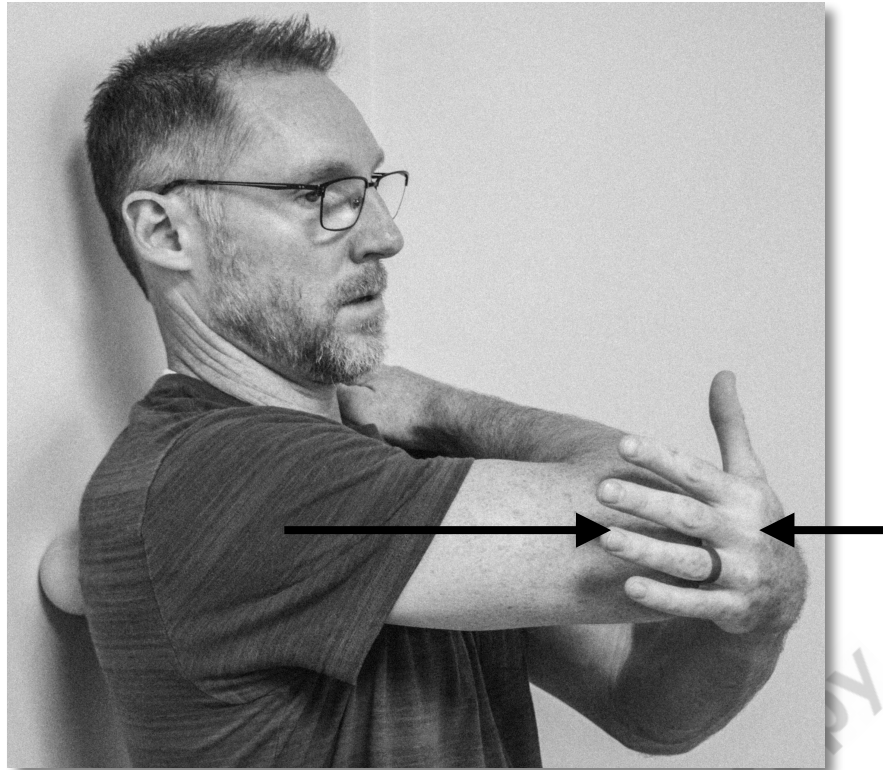


Posterior Rib Self-Mobilization



- Place a ball on the rib that you feel is protruding from your back pinning it against the wall.
- Place the hand on the side of your rib issue on the opposite shoulder.
- Push your elbow into your opposite hand, which provides resistance.
- Hold 3-5 seconds and repeat 10 times.