



Masula Chiropractic
30 Philadelphia Drive # A

Chico, CA 95973
530-342-6441

530-342-5441

Client :
Client ID :
Date : Friday, March 6, 2026



Shoulder Circles

Sitting tall, shrug shoulders up, roll them backwards, down and then forwards.
Keep shoulders relaxed and repeat in opposite direction (clockwise/counterclockwise).

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Pectorals / Mid Back Extension

Clasp hands together and gently place behind neck.
Sit tall and keep chin tucked down slightly.
Raise chest up, breath in and slowly bring elbows backwards.
Exhale, relax and repeat.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Pectorals Wall

Stand level with a doorway or wall and raise one arm as if to wave.
Place forearm along door jam placing elbow approximately at shoulder height.
Step one foot forward (keeping feet shoulder width apart), bend front knee.
Gently lean chest straight forward to feel a stretch in the front of the chest.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Pectorals Corner / Doorway

Facing corner or standing through a doorway.
Place forearms on each wall at shoulder height.
Slowly lean chest forward into corner, keeping upper body tall, to feel a stretch in the front of the chest.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31