

Slipping Rib Syndrome and Rib Flare

This protocol is organized by weeks. As you progress through each week, you will notice that some of the exercises are the same, with minor adjustments to make them more challenging. When you progress to a new week, you only need to complete the exercises within that week (i.e. only do week 2, not week 1 and week 2 together). **NOTE: for exercises with theraband. NEVER place the band directly across a joint (i.e. over your knees, wrists, etc.) Place just above.** The colors described in the exercises are based on the 'Theraband' brand. If purchasing a band set not produced by theraband, start with the lowest resistance color, and change to the next highest color whenever the color changes in the table below. This is a generalized program; please consult with your provider and a physical or occupational therapist for specific recommendations.

Week 1

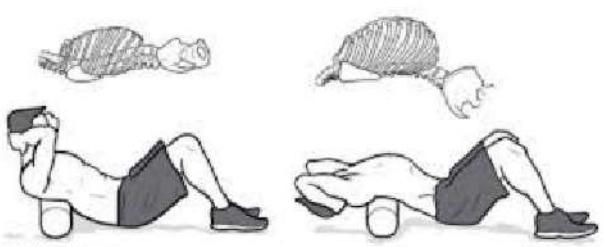
<p>Abdominal Bracing</p> 	<p>Abdominal Bracing: While lying on your back with knees bent, tighten your stomach to pull your belly button towards your spine by pressing your lower back into the mat. Make sure you are breathing throughout the exercise. Hold for 5 seconds.</p> <p>Perform 10 reps, 3 sets.</p>
	<p>Diaphragmatic Breathing: While lying down on your back, place one hand on your breast bone and one hand on your abdomen near your belly button. Slowly take a deep breath in and focus on trying to get your hand on your stomach rise while the hand on your breastbone remains still. When you breathe out, the hand on your stomach should lower.</p> <p>Perform 8 reps, 3 sets.</p>
	<p>Prone on Elbows: Lying face down, slowly press up on your elbows. Hold for 30 seconds, lower back down, and repeat.</p> <p>Hold for 30 seconds, perform 3 repetitions, 2 times per day.</p>

	<p>Trunk Extension over Chair: Start by sitting in a chair with arms crossed over your chest. The top of the chair should be around the bottom of your shoulder blades. Raise up your elbows as you extend your thoracic (mid) spine against the backrest of the chair, and hold the position for 5 seconds. Return to the starting position and repeat.</p> <p>Perform 15 repetitions, 3 sets</p>
	<p>Cat-Cow: While on your hands and knees in a crawl position, exhale and raise your back, arching it towards the ceiling like an angry cat, directing your gaze toward your belly button. Then inhale and arch your back, moving your stomach toward the ground and directing your gaze to the ceiling. Hold each position for 5 seconds.</p> <p>Perform 15 repetitions, 3 sets</p>
	<p>Open Book: Lay on your side with arms straight out and hands pressed together. Knees are pulled up and bent towards the chest. From here, turn your torso so your back is flat on the ground, and your arms have opened up like a book. Hold this position for 10 seconds before returning to start.</p> <p>Perform 5 repetitions, 2 sets on each side. Perform 2x per day.</p>

	<p>Scapular Retractions: Move your shoulder blades back and down. Hold 5 seconds, relax, and repeat.</p> <p>Perform 15 repetitions, 3 sets</p>
	<p>Foam Roll Shoulder Flexion: Begin lying on your back with a foam roll placed vertically along your spine from your head to your tailbone, with knees bent. With one arm at your side, bring your other arm up overhead until it is parallel to the floor. Hold position for 3s. Alternate this with both arms, keeping the trunk stable on the foam roll throughout. Perform 10 times, 2 sets, up to 2x per day</p>
	<p>Quadratus Lumborum Stretch: Stand in a doorframe with your right leg crossed over the left. Reach your right arm over your head and grab the doorframe. Keep your hips square/in line with the doorframe (NO twisting!). You can use your left arm to help push your hips to the right, increasing the stretch. Then repeat on the opposite side.</p> <p>Perform 2-3 minutes each side</p>
	<p>Seated Trunk Rotation Stretch: Sit on a chair, and place one arm across your lap. Rotate the opposite arm upwards toward the ceiling, twisting your trunk and looking upward at your hand. Hold for 5 seconds then return to an upright sitting position.</p> <p>Perform 5 reps. 3 sets on each side.</p>

Week 2

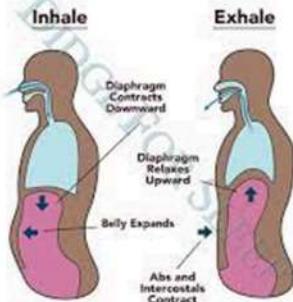
	<p>Abdominal Bracing on Yoga Ball: Sit upright on ball with hands on your lap, and knees hip-width apart. Activate your abdominals by flattening your spine and moving your belly button upward and inward. Hold 3 seconds</p> <p>Perform 10 repetitions, 3 sets.</p>
 <small>SPARKPEOPLE</small>	<p>Abdominal Bracing with Alternating Leg Kick Out: Lay on your back with your knees bent. Activate your abdominals by flattening your spine against the mat and moving your belly button upward and inward. While maintaining this contraction, extend one leg straight, with the heel hovering 1-2 inches above the mat. Hold for 3 seconds. Release your abdominal contraction. Perform abdominal contraction before performing the next repetition.</p> <p>Perform 8 repetitions with each leg, 3 sets.</p>

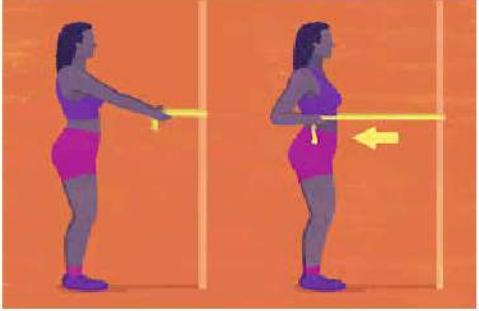
	<p>Diaphragmatic Breathing in Reclined Sitting: While sitting in a reclined position (recliner, use pillows in your bed, etc.), place one hand on your breast bone and one hand on your abdomen near your belly button. Slowly take a deep breath in and focus on trying to get your hand on your stomach rise while the hand on your breastbone remains still. When you breathe out, the hand on your stomach should lower.</p> <p>3 sets x 8 reps</p>
	<p>Thread the Needle: Starting on your hands and knees, slide one arm along the floor underneath your trunk. Do not hold your breath, but exhale as you move into the stretch. Pause briefly at the end of the stretch, and gently return to hands and knees. Then bring the same arm up towards the ceiling, twisting your trunk as you gaze upward toward your hand. Pause briefly, then return to the starting position.</p> <p>Perform 10 repetitions on each side, 2 sets.</p>
 <p>© William E. Morgan</p>	<p>Thoracic Extension (Foam Roller): place the foam roller on the mid back, just below the shoulder blades. Then, place your hands on the back of the head and leave your bottom on the ground. Next, allow the head and shoulders to lower towards the ground with control. Let gravity do all the work in this extension position. Take 2-3 breaths here and then come back up to neutral. After performing 4-5 reps, feel free to move the roller up or down an inch or two and perform the same range of motion.</p> <p>2 sets of 10 reps x 2 seconds</p>

	<p>Foam Roll Shoulder Flexion Overhead: Begin lying on your back on a foam roll placed horizontally along your spine from your head to your tailbone and with your chin tucked toward your neck. Begin with arms straight up towards the ceiling. Bring both arms up overhead as far as you can.</p> <p>2setsx10 reps</p>
	<p>Foam Roll Shoulder Flexion: Begin lying on your back with a foam roller placed vertically along your spine from your head to your tailbone, with knees bent. Brace your core by pulling your belly button slightly in and up. With one arm at your side, bring your other arm up overhead until it is parallel to the floor. Alternate this with both arms, keeping the core tight and stable on the foam throughout.</p> <p>2 sets x 10 times x 3 second hold up to 2x/day</p>
	<p>Foam Roller Snow Angels: Lie down on a foam roller and allow your arms to drop towards the floor with your elbows straight as shown. Then slide your arms over your head; return your arms to your side and repeat.</p> <p>2 sets x15 reps x 5 seconds</p>
	<p>Chin Tuck: Start in a crawl position on your hands and knees. Then while looking at the floor, position your head into a "chin tuck" position (chin/head retracted back with chin tucking towards your chest as shown). Hold, relax, and repeat.</p> <p>2setsx10 repsx5 seconds</p>

 <p>Prone Lower Trap Raise</p>	<p>Single Arm Raise: Lie flat on your stomach, raising one arm at a time, making one half of the letter "Y". Be careful not to arch your back when doing this exercise. 3 sets x 5 reps each side</p>
	<p>Quadratus Lumborum Stretch: See Week 1 for more information, Perform 2-3 minutes each side</p>
	<p>Seated trunk rotation stretch: See Week 1 for more information. 3 sets x 5 reps x 5 second hold</p>

Week 3

	<p>Abdominal Bracing in Crawl Position: Similar to the abdominal bracing in week 1 on your back, and week 2 on the yoga ball, continue to practice moving your belly button upward and inward. 3 sets 12 reps x 5 second hold</p>
	<p>Core Bracing with Heel Taps: Start on your back with both knees bent. Begin a rep by pulling your belly button inward and upward, then lift one leg up as shown in the picture. Hold for three seconds and release. Repeat on the opposite side. 3 sets x 8 reps each leg with 3 second hold</p>
<p>Diaphragmatic Breathing</p> 	<p>Diaphragmatic Breathing: While sitting, place one hand on your chest and one hand on your abdomen near your belly button. Slowly take a deep breath in and focus on trying to get the hand on your stomach to rise while the hand on your chest remains still. As you take a deep breath in, the hand on your stomach should rise. When you breathe out, the hand on your stomach should lower. 3 sets x 10 breaths</p>

	<p>Theraband Row: Holding the elastic band with both hands, draw back the band as you bend your elbows. Keep your elbows close to your rib cage. Start with a yellow band. 2 sets x 10 reps x 5 second hold</p>
	<p>Theraband Scapular Retractions: holding band with both arms in front of you with your elbows straight, squeeze your shoulder blades together as you pull the hand back. Be sure your shoulders do not raise up. Use yellow band.</p> <p>2 sets x 10 reps x 2 second hold</p>
	<p>Theraband Shoulder Extension: While holding an elastic band in front of you, with elbows straight, pull the band down and back towards your side. Use yellow band.</p> <p>2 sets x 10 reps x 5 second hold</p>
	<p>Shoulder External Rotation: Start by holding the band with your palms upwards and your elbows bent to 90 degrees by your side. Move your hands away from each other. Your shoulder blades should move closer together as your shoulder rotates externally. Start with yellow band.</p> <p>2 sets x 15 reps x 5 seconds</p>



Shoulder Flexion: Start in crawl position: arms under shoulders, knees under hips, chin tucked for neutral neck position, flat spine (abdominal bracing). With abdominals braced, reach your left arm out in front of you. Maintain a neutral spine by engaging abdominals. Return to the starting position, and repeat with the opposite arm.



Bridges: Brace your abdominals, squeeze your buttocks, and then raise your buttocks off of the floor, creating a "bridge" with your body. Hold and then lower yourself and repeat. Do not hyperextend your lower back during this movement.
3 sets x 15 reps x 5 seconds



Theraband rotations: Hold an elastic band with your arms out in front of you while in the standing position. Turn to the side as you rotate your trunk and hips. Your arms should be extended and in front of your chest the entire time. The elastic band should be anchored to the side of your body. Use **yellow** band.

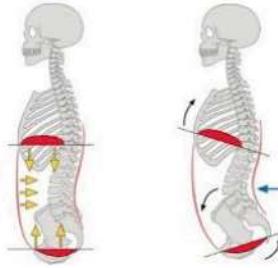
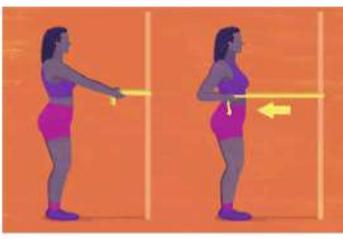
3 sets x15 reps

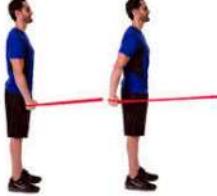
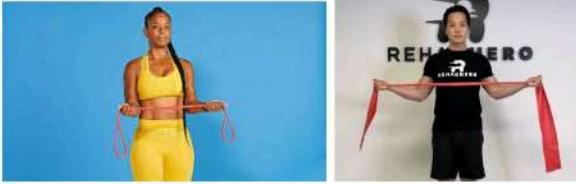


Quadratus Lumborum Stretch: See Week 1 for more information,
Perform 2-3 minutes each side

	<p>Seated trunk rotation stretch: See Week 1 for more information.</p> <p>3 sets x 5 reps x 5 second hold</p>
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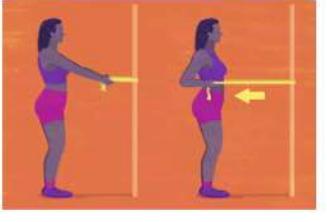
Week 4

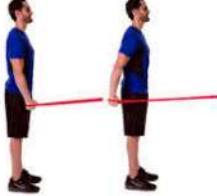
	<p>Abdominal Bracing in Standing: Similar to the abdominal bracing in week 1 on your back, week 2 on the yoga ball, and week 3 in the crawl position, continue to practice moving your belly button upward and inward while standing.</p> <p>3 sets x 12 reps x 5 second hold</p>
	<p>Flutter Kicks with Abdominal Bracing: Raise your legs up in the air and move them up and down in an alternate fluttering motion as shown. Maintain your lower spine held towards the floor the entire time by keeping your abdominals braced.</p> <p>3 sets x 16 kicks</p>
	<p>Theraband Row: See Week 3 for more information. Progress to red band.</p> <p>2 sets x 10 reps x 5 second hold</p>

	<p>Theraband Scapular Retractions: See Week 3 for more information. Progress to red band.</p> <p>2 sets x 10 reps x 2 second hold</p>
	<p>Theraband Shoulder Extension: See Week 3 for more information. Progress to red band.</p> <p>2 sets x 10 reps x 5 second hold</p>
	<p>Shoulder External Rotation: See Week 3 for more information. Progress to red band.</p> <p>2 sets x 15 reps x 5 seconds</p>
	<p>Bird Dogs: Start in a crawl position with a neutral spine: arms under shoulders, knees under hips, chin tucked for a neutral spine including your neck, flat lumbar/thoracic spine (abdominal bracing). With abdominals braced, reach your left arm out in front of you and your right leg behind you. Maintain a neutral spine by engaging abdominals. Return to the starting position, and repeat with the opposite arm and opposite leg.</p> <p>2 sets x 10 reps x 3 seconds</p>

	<p>Bridges with Theraband Resistance: Brace your abdominals, squeeze your buttocks, and then raise your buttocks off of the floor creating a “bridge” with your body while pushing your legs against the resistance of the theraband. Hold and then lower yourself and repeat. Start with yellow band.</p> <p>3 sets x 15 reps x 5 seconds</p>
	<p>½ Kneel Rotation with Medball or Dumbbell: Start by holding a light medicine ball with both hands by your hip. Next, pull upwards and across your body toward the opposite side. Your trunk and hips should rotate while performing. Start with a lightweight.</p> <p>3 sets x 5 reps each side</p>

Week 5

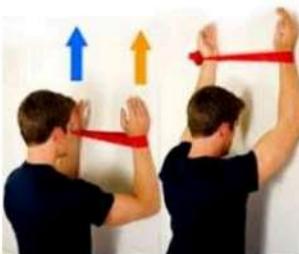
	<p>Bird Dogs: See Week 4 for more information.</p> <p>2 sets x 10 reps x 3 seconds</p>
	<p>Theraband Row: See Week 3 for more information. Progress to green band.</p> <p>2 sets x 10 reps x 5 second hold</p>

	<p>Theraband Scapular Retractions: See Week 3 for more information. Progress to green band.</p> <p>2 sets x 10 reps x 2 second hold</p>
	<p>Theraband Shoulder Extension: See Week 3 for more information. Progress to green band.</p> <p>2 sets x 10 reps x 5 second hold</p>
	<p>Shoulder External Rotation: See Week 3 for more information. Progress to green band.</p> <p>2 sets x 15 reps x 5 seconds</p>
 <p>Mountain Climbers Modification</p>	<p>Modified Mountain Climber: Plank position with hands on a table or other raised surface (DO NOT use folding chair as in picture). Bring your left knee to your left elbow and then return to start position. Repeat by bringing the right elbow to the right knee. Alternate between the right and left sides.</p> <p>3 sets x 10 reps on both sides</p>
	<p>Modified Plank: Support body on elbows/forearms. Brace your abdominals as you have practiced in previous weeks and tuck your tailbone.</p> <p>2 sets x 3 reps x 30 seconds</p>

 <p>KNEELING SIDE PLANK</p>	<p>Side Planks from Knees: Lying on your side with your knees bent, lift your body up on your elbow and knees. Try and maintain a straight spine.</p> <p>2 sets x 3 reps x 30 seconds each side</p>
	<p>Quadratus Lumborum Stretch: See Week 1 for more information,</p> <p>Perform 2-3 minutes each side</p>
	<p>Seated trunk rotation stretch: See Week 1 for more information.</p> <p>3 sets x 5 reps x 5 second hold</p>

Week 6

	<p>Dead Bugs: Begin with abdominal bracing as you have practiced in previous weeks. Hold the pelvis neutral and then slowly straighten out a leg without touching the floor. At the same time raise an opposite arm over the head. Do not allow your spine to arch during this movement. Return to starting position and then repeat on the opposite side. If this is too easy, you may hold a 1lb weight in each hand.</p> <p>3 sets x 10 reps x 3 second hold</p>
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 	<p>Wall Walk with Band: With a loop band above your wrists, place your hands flat on the wall at about shoulder height. Continue with abdominal bracing in this position. Keeping tension outward on the band, walk your hands up the wall in small steps as far as you can, then walk back to your starting position using the same small steps. This is one repetition. Use yellow theraband. Move hands both up and down, and side to side.</p> <p>2 sets x 12 times x 3 seconds</p>
	<p>Wall Slide with Band: Place theraband just above your wrists as shown. Next, place your forearms and hands along a wall so that your elbows are bent and your arms point towards the ceiling. Then, bring your shoulder blades forward and then slide your arms up the wall as shown. Return to the original position and repeat. Use yellow band.</p>
 	<p>Shoulder External Rotation: See Week 3 for more information. Progress to blue band.</p> <p>2 sets x 15 reps x 5 seconds</p>
 	<p>Bird Dogs: See Week 4 for more information.</p> <p>2 sets x 10 reps x 3 seconds</p>

	<p>Plank from Toes: Start face down with elbows on a mat directly below your shoulder and pull your core up, creating a plank position on your toes and elbows. Hold until you feel a shake, then hold for ten more seconds.</p> <p>3 sets x 30 seconds</p>
	<p>Lateral Plank from Toes: While lying on your side, lift your body up on your elbows and feet. Try and maintain a straight spine by continuing to practice abdominal bracing.</p> <p>3 sets x 20-30 seconds each side</p>
	<p>Modified Boat Pose with Abdominal Bracing: Start in a seated position with knees bent. Next, lean back and lift one leg at a time, keeping your knees bent. Hold yourself in this semi-reclined position with arms reaching forward. Hold this position.</p> <p>3 sets, 15-20 second hold</p>
	<p>Theraband Rotations: Hold an elastic band with your arms out in front of you while in the standing position. Turn to the side as you rotate your trunk and hips. Your arms should be extended and in front of your chest the entire time. The elastic band should be anchored to the side of your body. Use red band.</p> <p>3 sets x 15 reps</p>

	<p>Trunk Rotation with Step Up: Stand with one foot up on a 6-inch step. Start by holding a light medicine ball with both hands at your hip. Next, pull upward and across your body towards the opposite side. Your trunk and hips should rotate while performing. Step down and repeat on the opposite side.</p> <p>3 sets x 8 reps on both sides</p>
	<p>Quadratus Lumborum Stretch: See Week 1 for more information,</p> <p>Perform 2-3 minutes each side</p>
	<p>Seated Trunk Rotation Stretch: See Week 1 for more information.</p> <p>3 sets x 5 reps x 5 second hold</p>

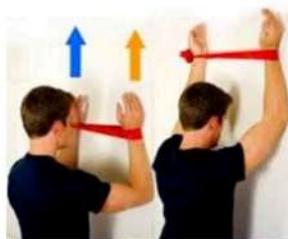
Week 7

	<p>Dead Bugs: See Week 6 for details. Progress to holding 1 pound weight in each hand.</p> <p>3 sets x 10 reps x 3 second hold</p>
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Wall Walk with Band: See Week 6 for more details. Progress to **red** theraband.

2 sets x 12 times x 3 seconds



Wall Slide with Theraband: See Week 6 for details. Progress to **red** band.



Shoulder External Rotation: See Week 3 for more information. Continue with **blue** band.

2 sets x 15 reps x 5 seconds



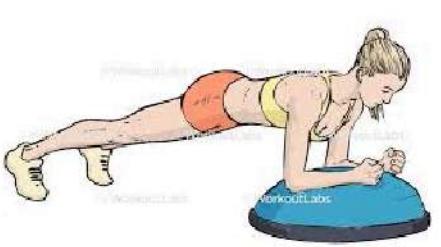
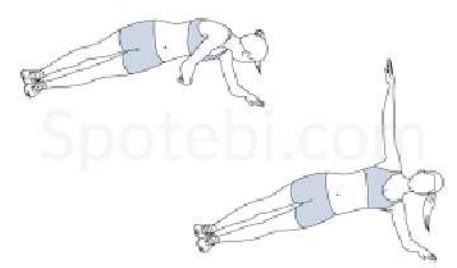
Bird Dogs: See Week 4 for more information.

2 sets x 10 reps x 3 seconds

 <p>Neutral neck/spine with eyes focused out instead of directly down.</p> <p>Level Hips</p> <p>Feet Grounded, Glutes Engaged</p> <p>Strong core with no dip in the back.</p> <p>Forearms slightly wider than shoulder width.</p>	<p>Plank from Toes: See Week 6 for more information. 3 sets x 30 seconds</p>
 <p>Forearm Side Plank</p> <p>TIP: Keep your head and spine neutral as you engage your core, lifting your hips and knees off the floor.</p>	<p>Lateral Plank from Toes: See Week 6 for more information. 3 sets x 20-30 seconds each side</p>
	<p>Modified Boat Pose with Abdominal Bracing: See Week 6 for more information. 3 sets, 15-20 second hold</p>
	<p>Theraband Rotations: See Week 6 for more information. Continue using red band. 3 sets x15 reps</p>

	<p>Trunk Rotation with Step Up: See Week 6 for more information.</p> <p>3 sets x 8 reps on both sides</p>
	<p>Quadratus Lumborum Stretch: See Week 1 for more information,</p> <p>Perform 2-3 minutes each side</p>
	<p>Seated Trunk Rotation Stretch: See Week 1 for more information.</p> <p>3 sets x 5 reps x 5 second hold</p>

Week 8

	<p>Bird Dogs: See Week 4 for more information. 2 sets x 10 reps x 3 seconds</p>
	<p>Dead Bugs: See Week 6 for details. Progress to holding a 2-pound weight in each hand. 3 sets x 10 reps x 3 second hold</p>
	<p>BOSU Plank: While lying face down, lift your body up on your toes while your elbows are on the Bosu. Try maintaining a straight spine, practicing abdominal bracing, and keeping the Bosu level. 3 sets x 30 seconds</p>
	<p>Side Plank with Rotation: Start in a side plank on one hand/elbow and both feet. Rotate your top arm to cross underneath your body. Then, move your arm straight overhead. Repeat. 2 sets x 10 reps each side</p>



Quadratus Lumborum Stretch: See Week 1 for more information,

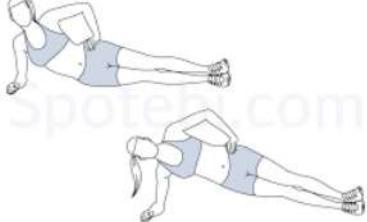
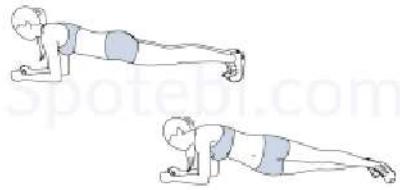
Perform 2-3 minutes each side



Seated trunk rotation stretch: See Week 1 for more information.

3 sets x 5 reps x 5 second hold

Week 9

 Two line drawings of a person in a side plank position. In the first, the hip is at a 90-degree angle to the body. In the second, the hip is lowered towards the floor, demonstrating a hip dip.	<p>Side Plank with Hip Dips: Position on side, propped on elbow. Dip your hip towards the floor and return to starting position.</p> <p>3 sets x 8 reps each side</p>
 Two line drawings of a person in a plank position. In the first, the body is straight. In the second, one hip is lowered towards the ground while the other remains high, demonstrating a hip dip.	<p>Plank Hip Dips: Start in a plank position. In a rotary motion, dip one down towards the ground. Return to the plank position then repeat on opposite side.</p> <p>3 sets x 5 reps each side</p>
 A photograph of a woman in a gym setting, performing a red resistance band rotation exercise. She is standing with her feet shoulder-width apart, holding the band with both hands in front of her chest, and rotating her torso to the right while keeping her legs stationary.	<p>Theraband Rotations: See Week 6 for more information. Continue using red band; if the exercise is too easy, progress to blue band.</p> <p>3 sets x15 reps</p>
 A photograph of a woman in a living room, performing a Boat Pose variation. She is seated on a green mat with her legs bent and feet flat on the floor, holding her feet with her hands. She is leaning back into a semi-reclined position, keeping her back straight and core engaged.	<p>Boat Pose with Abdominal Bracing: Start in a seated position with knees bent. Next, lean back and lift your legs maintaining your knees bent. Hold yourself in this semi-reclined position with arms reaching forward. Hold this position.</p> <p>3 sets x 115-secondhold</p>

	<p>Trunk Rotation with Step Up: See Week 6 for more information. Progress to an 8-inch box or step.</p> <p>3 sets x 8 reps on both sides</p>
	<p>Quadratus Lumborum Stretch: See Week 1 for more information,</p> <p>Perform 2-3 minutes each side</p>
	<p>Seated trunk rotation stretch: See Week 1 for more information.</p> <p>3 sets x 5 reps x 5 second hold</p>