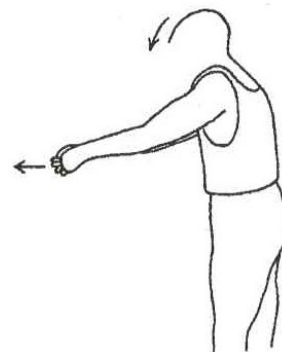


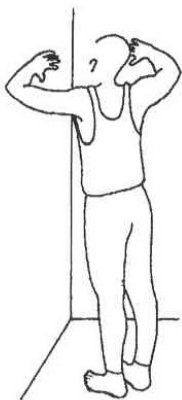
Rhomboid Muscle Strain or Spasm Rehabilitation Exercises

You may do all of these exercises right away.

1. **Reach and pull stretch:** Stand and clasp your hands in front of you at chest height. Drop your head down, stretching the back of your neck. Reach forward with your arms, stretching your upper back. Hold this position for 10 seconds. Repeat 5 times.



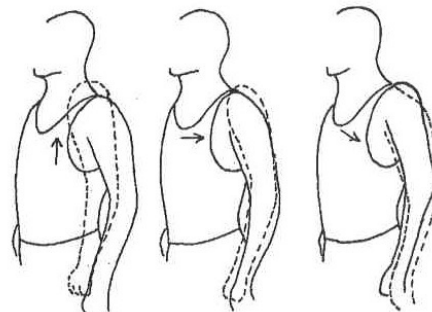
Reach and pull stretch



Pec stretch

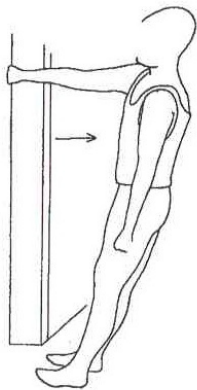
2. **Pec stretch:** Stand in a corner about 3 feet away from the corner. Place one hand on each wall at about shoulder height. Lean your chest forward, stretching the front of your chest. Hold this position for 30 seconds. Repeat 3 times.

3. **Scapular box:** Stand and shrug your shoulders up and hold 5 seconds. Then squeeze your shoulder blades back and together and hold 5 seconds. Next, pull your shoulder blades downward as if putting them in your back pocket. Relax. Repeat this sequence 10 times.



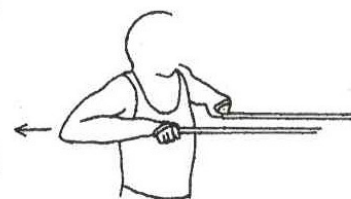
Scapular box

4. **Scapular retraction using Thera-Band:** Take a 5-foot section of tubing and tie a knot in the center of it. Shut the knot in a door at about shoulder height. Standing about 3 feet away from the door, take one end of the tubing in each hand. Move your hands up to shoulder level, with your elbows, hands, and shoulders at the same height and parallel to the floor. Squeeze your shoulder blades back and together, and pull your elbows straight back, stretching the tubing for resistance. Hold 5 seconds. Return to the starting position and relax. Repeat 10 times. Do 3 sets.



Rhomboid stretch

5. **Rhomboid stretch:** Stand near a door frame. Lift the arm of your injured rhomboid straight out in front of you and grasp the door frame. Lean back, letting the pull of your body weight stretch your rhomboid muscle. Hold for a count of 10, repeat 5 times.



**Scapular retraction
using tubing**