

Movement for Voice

Exercises- Week 4

Aim

To improve rib flare while encouraging upper thoracic extension
To increase awareness of rib placement for optimal breath mechanics

ARM FLOATS

Lie on back with knees bent up

Arms reaching to roof, palms facing each other

Notice where your ribs are in relation to your hips and keep them there as you reach your arms overhead, then return to the starting position

Repeat 8-10 times



DOUBLE TABLE TOP

Lie on back with knees bent

Float one leg into table top (90 degrees at hip, 90degrees at knee)

Draw rib cage down to the floor and float the other leg to table top

Lower one leg at a time with the same focus on the ribs

Repeat 8-10 times leading with a different leg each time



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MEDICINE**

The Gateway
Ground Floor
312 St Kilda Road
Southbank, VIC, 3006

03 9686 2373
info@performancemed.com.au
performancemedicine.com.au