



Daily Mobility and Stretching for Chest Wall Tightness

Chest wall mobility exercises improve thoracic expansion and can make airway clearance more effective. These movements take about 10-15 minutes. Do them once or twice daily, especially before airway clearance.

Always consult your care team before beginning new exercise programs.

Exercise	How to Do It	Duration	Why It Helps
ARM CIRCLES	Stand or sit tall. Reach arms out to sides. Make slow, large circles forward, then backward.	10 circles each direction	Opens up the rib cage and shoulders
DOORWAY STRETCH	Stand in a doorway with forearms on the frame. Step one foot forward and lean gently until you feel a stretch across your chest.	Hold 30 seconds, 3 times	Stretches the pectoral muscles that get tight from coughing
SIDE BENDS	Reach one arm overhead and lean to the opposite side. Keep hips still.	Hold 20 seconds each side, repeat 3 times	Stretches the intercostal muscles between ribs
TRUNK ROTATION	Sit or stand. Keep hips forward and twist upper body to look behind you.	Hold 20 seconds each side, repeat 3 times	Maintains spine and rib cage mobility
CAT-COW STRETCH	On hands and knees. Arch your back like a cat, then dip your belly toward the floor.	10 slow repetitions	Mobilizes the entire spine and opens the chest
CHILD'S POSE	Sit back on your heels with arms stretched forward on the floor.	Hold 30-60 seconds	Gentle stretch for back and allows relaxed breathing