

Costochondritis SWIPE Sheet

See below for helpful resources and exercises to ease your pain from costochondritis. Always check with your doctor before attempting a new exercise routine. Hit CTRL + "F" to search for a specific term. For broken links, please contact me: team@myacjoint.com

Movements and Stretches for Thoracic Mobility | Chest Stretches

<https://www.youtube.com/watch?v=yRgTVP2atwE&feature=youtu.be> (foam roller)

<https://www.youtube.com/watch?v=i1j-iO-7HEE> (foam roller | pulled pectorial muscles)

<https://www.youtube.com/watch?v=fnQNg26ZZzE> (start at minute 9:45)

<https://www.youtube.com/watch?v=D7aRrlaPj1Q&feature=youtu.be> (doorway / wall stretch)

Thoracic Spine strengthening | Ball Exercises

<https://www.youtube.com/watch?v=4wWVCxs4mlk>

<https://www.youtube.com/watch?v=QEFxvNuQCHg>

Improve Your Posture

<https://www.youtube.com/watch?v=PN-kaqldzCE> (prone position)

<https://www.youtube.com/watch?v=YO87HFVgsGo> (wall angels)

Back Stretches

<https://www.youtube.com/watch?v=COdEWMYqWm8> (rhomboid stretch)

<https://www.youtube.com/watch?v=x1SdnOkQoo0> (latissimus dorsi stretch)

Diaphragmatic Breathing

<https://www.youtube.com/watch?v=kgTL5G1iblo>

Improve Your Posture | Band Exercise

<https://www.youtube.com/watch?v=GWpdULXYFwY> (standing reverse fly)

<https://www.youtube.com/watch?v=wWKh-Q4boXw> (face pulls)

Muscle Spasms

<https://medlineplus.gov/fluidandelectrolytebalance.html> (primer)

<https://www.myfooddata.com/articles/high-electrolyte-foods.php> (foods)

<https://www.healthline.com/health/fitness-nutrition/electrolytes-food> (foods)

Exercises for Shoulder Stability

<https://www.youtube.com/watch?v=E5w3nZpvdI0> (band and weights)