

POSTURE · MOBILITY · CONFIDENCE

5 Exercises People With Pectus Excavatum Can Start Today

Improve posture · Mobility · Confidence

A FREE GUIDE FROM PECTUSFIT

Five simple movements to open the chest, release tension and build a calm, confident posture — written for people living with Pectus Excavatum.

pectusfit.com

A NOTE FROM THE FOUNDER

Why this guide exists

PectusFit was built from lived experience.

After growing up with Pectus Excavatum, undergoing a Ravitch procedure as a child, and navigating years of posture concerns and confidence struggles, it became clear:

Most fitness advice wasn't built for people with Pectus.

This guide contains simple movements designed to support posture, breathing and confidence — a calm, practical starting point you can return to any time.

— Marc, PectusFit

IMPORTANT

Please read before starting

Exercise may not fix Pectus.

Pectus Excavatum is a structural chest-wall difference. Movement, posture and breathing work can support how you feel, move and carry yourself — but cannot reshape the chest. Set expectations around comfort, confidence and capacity, not appearance alone.

Move gently.

Start small. Move slowly. Stop immediately if anything feels sharp or painful. Breath should stay calm throughout.

Consult professionals.

If you have had Pectus surgery (Nuss, Ravitch or other), experience chest pain, breathlessness, dizziness or any cardiac symptoms — speak with your doctor, surgeon or a qualified physiotherapist before beginning any new exercise. This guide is educational only and is not medical advice.

EXERCISE 01

Cat–Cow Stretch

Spine and ribcage mobility.

HOW TO DO IT

- Start on hands and knees, wrists under shoulders, knees under hips.
- Inhale: drop the belly, lift the chest and tailbone (Cow).
- Exhale: round the spine, tuck the chin and pelvis (Cat).
- Move slowly through 8–10 cycles, syncing breath with motion.

ILLUSTRATION



COMMON MISTAKE

Rushing the movement or shrugging the shoulders up to the ears. Keep it slow, soft and breath-led.

WHEN TO USE

Daily — ideal as a morning warm-up or before any training session.

EXERCISE 02

Thread the Needle

Upper-back release.

HOW TO DO IT

- From hands and knees, slide your right arm under your left, palm up.
- Lower the right shoulder and ear gently to the mat.
- Hold 20–30 seconds, breathing softly into the upper back.
- Return slowly. Repeat on the other side. 2–3 rounds per side.

ILLUSTRATION



COMMON MISTAKE

Collapsing weight into the head, or letting the hips drift sideways. Keep hips stacked over the knees.

WHEN TO USE

After long periods of sitting, or as part of a daily mobility routine.

EXERCISE 03

Doorway Chest Stretch

Open tight pecs.

HOW TO DO IT

- Stand in a doorway, forearms on the frame, elbows at shoulder height.
- Step one foot forward and gently lean through the doorway.
- Keep the chest lifted and ribs soft — feel a stretch across the chest.
- Hold 30 seconds. Repeat 2–3 times.

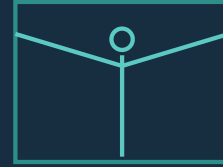
COMMON MISTAKE

Over-arching the lower back to chase a deeper stretch. Stay tall through the spine.

WHEN TO USE

Once or twice a day, especially after desk work or training.

ILLUSTRATION



EXERCISE 04

Wall Slides

Posture strength foundation.

HOW TO DO IT

- Stand with your back against a wall, feet 15 cm away.
- Press the lower back, upper back and head gently to the wall.
- Place the backs of the hands and forearms on the wall, elbows at 90°.
- Slide the arms slowly up and down, keeping contact with the wall. 8–10 reps.

COMMON MISTAKE

Letting the lower back arch off the wall, or the hands lift away. Slow it down instead.

WHEN TO USE

3–4 times per week, as a posture-strength foundation.

ILLUSTRATION



EXERCISE 05

Rib Expansion Breathing

Calm lateral breathing.

HOW TO DO IT

- Sit or stand tall. Wrap your hands around the sides of your lower ribs.
- Inhale slowly through the nose, directing breath sideways into your hands.
- Feel the ribs widen outward, not just the chest rising.
- Exhale slowly through pursed lips. Repeat for 8–10 calm breaths.

ILLUSTRATION



COMMON MISTAKE

Lifting the shoulders instead of expanding the ribs. Keep shoulders soft and low.

WHEN TO USE

Daily — excellent before training, before sleep, or whenever stress builds.

NEXT STEP

Ready for more structured support?

PectusFit includes:

- ✓ Training plans
- ✓ Recovery
- ✓ Nutrition
- ✓ Progress tracking
- ✓ Confidence tools



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