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The Eckart Klobe Vacuum Bell for Non-Invasive Lifting of Funnel Chest

Physical Exercise

In addition to the use of the Vacuum Bell against funnel chest the following exercises may considerably help to improve the posture and the appearance of the funnel:

Exercise part one:

The patient takes a deep breath. He places his hands behind his head and interlocks his fingers. Then he pulls back his elbows as much as possible. His head needs to remain upright.

This exercise stretches the front side of his chest and strengthens his upper back muscles.

Exercise part two:

Once the posture of exercise part one has been attained, the patient slowly bends forward down from his hips. When doing so, from the hip to the head the spinal cord should remain in a straight line including the neck. He holds this bent position for some seconds and then slowly – with his back in a straight line – comes back into an upright position.

This exercise strengthens the lower back muscles. Strong lower back muscles are necessary to hold a straight posture with a minimum of physical effort.

Exercise part one (by itself) may be done five times per day.

Exercise part one and part two together may be done two times per day.

Before performing the above mentioned exercises the patient should get the approval from his medical doctor that such exercises are appropriate and safe for him. For instance these exercises may not be appropriate for patients with slipped discs in the spinal column. If the patient is not allowed to perform these exercises, he might ask a physical therapist for substitute exercises.