

Shoulder Rolls Backwards

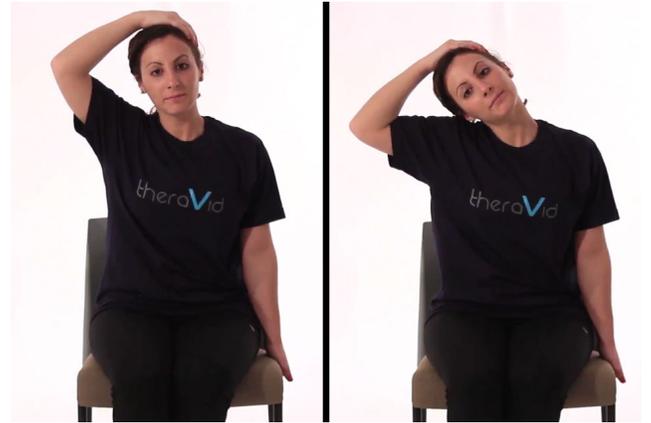


Sets: 1 **Reps:** 15 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 1-5
Times Per Week: 7

Description:

Sit in a comfortable chair with your knees bent at a 90 degree angle. Slowly roll your shoulders backwards in circles.

Scalene and Upper Trap Stretch



Sets: 2 (one each side) **Reps:** 1 **Resistance:** -- **Hold:** 60 seconds **Rest:** --
Times Per Day: 1 **Times Per Week:** 7

Description:

Begin seated in a chair with your arms at your side. Grasp the under side of the chair with your hand on the side you wish to stretch. Slowly bend your neck to the side, bringing your ear toward your opposite shoulder. You should feel a stretch in the side of your neck. You can increase the intensity of the stretch by placing your opposite arm on your head and lightly pulling your head further toward your opposite shoulder. Hold as indicated.

Levator Scapulae Stretch (Right)



Sets: 2 (one each side) **Reps:** 1 **Resistance:** -- **Hold:** 60 seconds **Rest:** --
Times Per Day: 1 **Times Per Week:** 7

Description:

Begin sitting and grasp the side of the chair with the arm of the side that is to be stretched. Rotate your head away from the side that is to be stretched. Grasp the opposite side of your head with your other hand, and gently pull your head down toward your shoulder. Hold as directed. Repeat as directed.

Chin Tuck



Sets: 2 **Reps:** 5 **Resistance:** -- **Hold:** 3 seconds **Rest:** -- **Times Per Day:** 1 **Times Per Week:** 7

Description:

Start by sitting or standing with back straight. While staring straight forward, pull your head backwards using the muscles in the front of your neck. Keep your head level with the floor at all times. Avoid tilting your head either upward or downward while pulling backwards. Hold as indicated. Repeat as indicated.

Bilateral Pec Stretch With Arms Low in Doorway

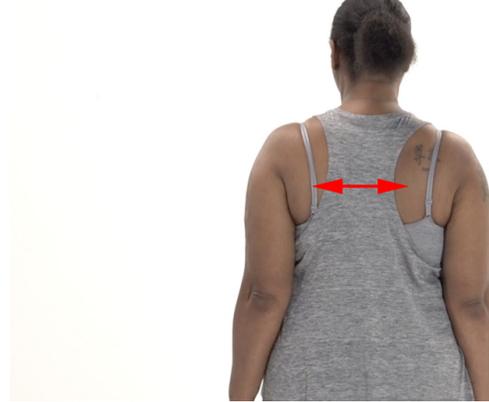


Sets: 1 **Reps:** 1 **Resistance:** -- **Hold:** 60 seconds **Rest:** -- **Times Per Day:** 1-3 **Times Per Week:** 7

Description:

Begin standing with a doorway about 1-2 feet in front of you. Keeping the elbows straight, raise both arms to the side approximately 40 degrees, and place your hands on either side of the doorway. Step forward with one foot so that it is on the other side of the doorway. Slowly shift weight onto front foot until you feel a stretch in your chest. Hold as indicated.

Scapular Depression/Retraction AROM



Sets: 1 **Reps:** 15 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 1 **Times Per Week:** 7

Description:

Starting position is standing (can be done seated). Begin exercise by bringing shoulder blades together and downward. Try not to shrug your shoulders during the movement. Hold and repeat for specified number of repetitions.

Standing AROM Shoulder Extension



Sets: 1 **Reps:** 15 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 1 **Times Per Week:** 7

Description:

Start in a standing position with arms to your side. Keep arm straight, pinch shoulder blade down and in and then slowly move arm backward. Return to starting position. Repeat specified number of repetitions.

W Trapezius Strengthening



Sets: 1 **Reps:** 15 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 1 **Times Per Week:** 7

Description:

Starting Position: Stand with your back against a wall or doorway. Engage your shoulder blade muscles to bring your scapula down and back, and then place your arms in a 'W' position with your elbows, wrists, and back of hands against the wall. Movement: From this position, move your arms up and down as if making a 'snow angel' while keeping everything in contact with the wall. Be sure to keep head in a chin tuck position. Repeat for as many reps/sets as recommended by your therapist.

Standing Sidebend Stretch



Sets: 2 (one each side) **Reps:** 5 **Resistance:** -- **Hold:** 5-10 seconds
Rest: -- **Times Per Day:** 1 **Times Per Week:** 7

Description:

Starting Position: Stand with feet hip width apart, lower abdominals engaged and gluteal muscle contraction. Place the hand of the unaffected side on your hip. Take the arm of your affected side and reach overhead. Movement: Slowly lean away as you reach up and over to the opposite side. You should feel a comfortable stretch on the affected side while continuing to breathe normally.

Extension in Standing



Sets: 1 **Reps:** 3 **Resistance:** -- **Hold:** 15-30 seconds **Rest:** -- **Times Per Day:** 1 **Times Per Week:** 7

Description:

Standing with feet slightly apart, place hands on the lower back. Bend backward keeping knees straight and pushing hips forward. Repeat up to 10 reps trying to move further into the motion each time.

Seated Lumbar Flexion



Sets: 1 **Reps:** 3 **Resistance:** -- **Hold:** 30-60 seconds **Rest:** -- **Times Per Day:** 1 **Times Per Week:** 7

Description:

Begin by sitting at the edge of a chair with your legs spread. Place both hands between your legs and gently lean forward, allowing your lower back to bend. Hold as directed. Repeat as directed.

Seated Hamstring Stretch (Left)



Sets: 2 (one each side) **Reps:** 1 **Resistance:** -- **Hold:** 60 seconds **Rest:** -- **Times Per Day:** 1 **Times Per Week:** 7

Description:

Begin seated. Straighten the leg that you wish to stretch in front of you so that knee is straight and the heel is resting on the ground. Slowly lean forward, placing your hands on your thigh. You should feel a stretch in the back of your leg. Hold as indicated. Slowly return to starting position.

Seated Hip External Rotation Stretch



Sets: 2 (one each side) **Reps:** 1 **Resistance:** -- **Hold:** 60 seconds **Rest:** -- **Times Per Day:** 1 **Times Per Week:** 7

Description:

Starting Position: To stretch your RIGHT hip, place your RIGHT foot on your LEFT knee. **Movement:** Push your RIGHT knee towards the floor. Hold and repeat as prescribed. **Tip:** To increase the stretch lean forward while keeping your back straight.

Thomas Position Hip Flexor Stretch



Sets: 2 (one each side) **Reps:** 1 **Resistance:** -- **Hold:** 60 seconds **Rest:** -- **Times Per Day:** 1 **Times Per Week:** 7

Description:

Starting Position: Start by sitting at the edge of a bed with the leg to be stretched straight out. Bend the other leg as far as you can toward your stomach, and hold onto it with your arms. **Movement:** Slowly, carefully, lie on your back. Relax the leg to be stretched, allowing it to move toward the floor. Hold as directed. Repeat as directed.

Tandem Stance with Chair Support



Sets: 2 (one each side) **Reps:** -- **Resistance:** -- **Hold:** 30 seconds **Rest:** -- **Times Per Day:** 1 **Times Per Week:** 7

Description:

Starting Position: Standing while holding onto a chair for support, place one foot in front of the other so that the heel of one foot is up against the toes of the other. **Movement:** Attempt to balance for as long as prescribed. **Tip:** Use the chair for support as much as necessary, but as little as possible.

Single Leg Balance



Sets: 2 (one each side) **Reps:** -- **Resistance:** -- **Hold:** 30 **Rest:** -- **Times Per Day:** 1 **Times Per Week:** 7

Description:

Starting Position: Start in a standing position with your feet shoulder width apart. Place your hand on a chair to help maintain your balance and shift your weight to stand on one leg. Next, remove your hand from the chair and maintain your balance in this position as directed by your therapist. Use the chair as needed to prevent losing your balance.

Standing 90/90 Marching in Place



Sets: 2 (one each side) **Reps:** 15 **Resistance:** -- **Hold:** -- **Rest:** --
Times Per Day: 1 **Times Per Week:** 7

Description:

In standing, Raise one knee upward to waist level (90 degrees). Keep your abdominals tight and stand upright while looking forward. Repeat as prescribed on one side, then do the other side.

Mini Squats with Support



Sets: 1 **Reps:** 15 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 1
Times Per Week: 7

Description:

Begin by standing and holding onto a stable surface with feet shoulder width apart and directly underneath your hips. Squat by bending from your hips and then knees like you were going to sit back in a chair. Squat down a few inches, until knees are bent to about a 45-degree angle. Repeat as directed. Tip: keep your feet flat and do not allow your knees to go in front of your toes.

X Touches



Sets: 2 (one each side) **Reps:** 10 **Resistance:** -- **Hold:** -- **Rest:** --
Times Per Day: 1 **Times Per Week:** --

Description:

Begin by standing at a counter, feet shoulder distance apart. Take one foot and cross it behind you to tap the floor as if to courtesy. Then return to the starting position. Repeat as directed.