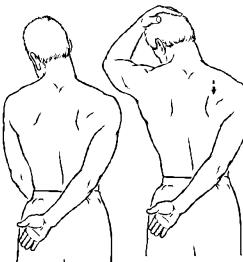
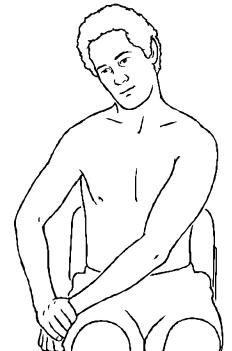
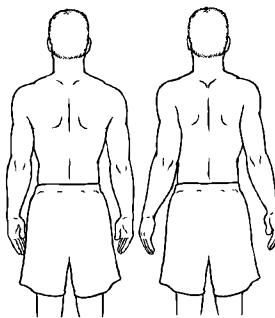
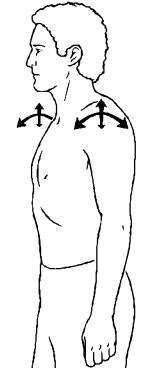
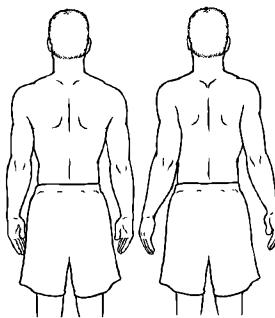
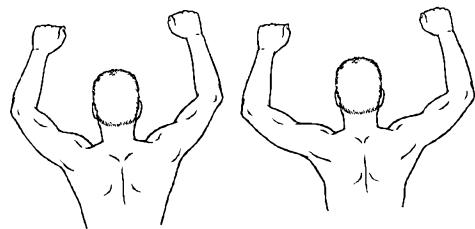




Blue Hills SPORTS & SPINE Rehabilitation

<p>Levator Scapulae Stretch</p> <p>Place right arm across low back and turn head down toward other side. Gently increase stretch by pulling down on head and depressing shoulder girdle. Hold for 30 Seconds. Relax. Repeat on opposite side.</p> <p>Repeat <u>3</u> times per set. Do <u>1</u> sets per session. Do <u>1</u> sessions per day.</p> 	<p>Upper Trapezius Stretch</p> <p>Gently grasp right side of head while reaching behind back with other hand. Tilt head away until a gentle stretch is felt. Hold 30 seconds. Then repeat on the opposite side.</p> <p>Repeat <u>3</u> times per set. Do <u>1</u> sets per session. Do <u>1</u> sessions per day.</p> 	<p>Scalene Stretch</p> <p>Grasp left arm above wrist and pull down across body while gently tilting head same direction. Hold 30 seconds. Relax. Then repeat on the opposite side.</p> <p>Repeat <u>3</u> times per set. Do <u>1</u> sets per session. Do <u>1</u> sessions per day.</p> 
<p>Scapular Retraction (Standing)</p> <p>With arms at sides, pinch shoulder blades together.</p> <p>Repeat <u>10</u> times per set. Do <u>2</u> sets per session. Do <u>1</u> sessions per day.</p> 	<p>Upper Back/Rhomboid Stretch</p> <p>Clasp hands together in front with arms extended. Gently pull shoulder blades apart and bend head forward. Hold 30 seconds. Relax.</p> <p>Repeat <u>3</u> times per set. Do <u>1</u> sets per session. Do <u>1</u> sessions per day.</p> 	<p>Shoulder Shrug (Phase 1)</p> <p>Shrug shoulders up and down, forward and backward.</p> <p>Repeat <u>20</u> times per set. Do <u>1</u> sets per session. Do <u>1</u> sessions per day.</p> 
<p>Scapular Retraction: Elevation (Standing)</p> <p>With arms over head, pinch shoulder blades together and press arms slightly back.</p> <p>Repeat <u>10</u> times per set. Do <u>2</u> sets per session. Do <u>1</u> sessions per day.</p> 	<p>Scapular Retraction: Elevation (Standing)</p> <p>With arms over head, pinch shoulder blades together and press arms slightly back.</p> <p>Repeat <u>10</u> times per set. Do <u>2</u> sets per session. Do <u>1</u> sessions per day.</p> 	<p>Axial Extension: Arms Over Edge</p> <p>Lie on stomach with head and arms hanging over edge. Tuck chin in and slowly raise head and shoulders until they are in line with torso.</p> <p>Repeat <u>10</u> times per set. Do <u>2</u> sets per session. Do <u>1</u> sessions per day.</p> 