

Scalene and Upper Trap Stretch



Sets: -- Reps: -- Resistance: -- Hold: -- Rest: -- Times Per Day: -- Times Per Week: --

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.

Resisted Scapular Retraction & Shoulder External Rotation



Sets: -- Reps: -- Resistance: -- Hold: -- Rest: -- Times Per Day: -- Times Per Week: --

Description:

Holding a short exercise band in both hands, and standing up straight with your back straight, bend your elbows so that they are at 90 degrees and squeeze your elbows in to your sides. Keeping your elbows at your sides, rotate your arms outwards, bringing your hands apart. Squeeze your shoulder blades together as you do so. Repeat as directed.

Scapular Retractions Arms at Side



Sets: -- Reps: -- Resistance: -- Hold: -- Rest: -- Times Per Day: -- Times Per Week: --

Description:

Begin by sitting with your back straight and your arms at your side. Slowly pinch your shoulder blades together. Return to starting position. Repeat as directed.

Squats



Sets: -- Reps: -- Resistance: -- Hold: -- Rest: -- Times Per Day: -- Times Per Week: --

Description:

Starting Position:
Begin standing with a chair behind you, with your feet at shoulder width apart.

Movement:

Engage your core, keep your shoulder blades down and back, and maintain a neutral spine throughout the exercise. (Neutral does not mean vertical, you can lean forward from your hips). Sit your bottom back keeping most of your weight in your heels as you bend at your knees and hips with control. Do not let your knees move beyond your toes by trying to keep your lower legs as vertical as possible. Do not allow your knees to move inward. Keep your chest facing forward to avoid rounding your spine. Repeat as prescribed.

Lunge



Sets: -- Reps: -- Resistance: -- Hold: -- Rest: -- Times Per Day: -- Times Per Week: --

Description:

Position: Standing. Movement: Then, step forward with right leg, bending left knee and perform a lunge motion. Repeat on left leg.

Heel Raise



Sets: -- Reps: -- Resistance: -- Hold: -- Rest: -- Times Per Day: -- Times Per Week: --

Description:

Begin by standing in front of a stable surface. Gently lift both heels of the ground and push up onto your toes keeping your knees straight. When fully lifted, slowly lower your heels back to the ground. Repeat as directed.

Bridges



Sets: -- Reps: -- Resistance: -- Hold: -- Rest: -- Times Per Day: -- Times Per Week: --

Description:

Begin by lying with knees bent and both feet placed on the floor with arms at your sides. Raise your hips off the surface by squeezing your gluteal muscles. Attempt to bring the hips up to where they are in line between the knees and shoulders. Repeat as directed.

Clamshells



Sets: -- Reps: -- Resistance: -- Hold: -- Rest: -- Times Per Day: -- Times Per Week: --

Description:

Begin by lying on your side with the side you intend to exercise upwards. With your knees bent and feet together, slowly pull your knees apart, keeping your feet together. Hold as directed. Slowly bring your knees back together. Repeat as directed.

Supine Hamstring Stretch



Sets: -- Reps: -- Resistance: -- Hold: -- Rest: -- Times Per Day: -- Times Per Week: --

Description:

Begin by lying on your back with your knees bent and feet flat on the floor. Keeping your knee bent, place your hands behind the knee on the side you wish to stretch and pull your leg towards your chest. While holding your leg in this position, actively straighten your leg, feeling a stretch in the back of your thigh. Hold as directed. Repeat as directed.

Piriformis Stretch (Right)



Sets: -- Reps: -- Resistance: -- Hold: -- Rest: -- Times Per Day: -- Times Per Week: --

Description:

Starting Position: Begin lying on your back with your legs straight. Lift the affected leg so that you can grasp your knee. Place the same side hand on the outside of the knee and your other hand on your shin. Movement: Perform the stretch by pulling with both hands towards your opposite shoulder. Do not let your leg rotate. You should feel a stretch in your glute area. Hold and repeat as prescribed. Tip: Be sure to keep your opposite leg flat on the floor.

Book Opener with Cervical Spotting



Sets: -- Reps: -- Resistance: -- Hold: -- Rest: -- Times Per Day: -- Times Per Week: --

Description:

Starting Position: Begin by lying on your side with knees bent and your hands together, directly in front of you. Movement: Slowly lift your top arm toward the ceiling, rotating through your chest in order to reach as far behind you as possible. Make sure you follow your arm movement with your head and keep your eyes focused on your hand throughout the entire exercise. Tip: Keep the arm you are reaching with straight throughout the entire exercise.

Lower Trunk Rotations



Sets: -- Reps: -- Resistance: -- Hold: -- Rest: -- Times Per Day: -- Times Per Week: --

Description:

Lie with both feet placed flat on the supporting surface and knees bent. Keeping your shoulders flat on the surface, allow your knees to slowly fall together to the side, rotating at your lower back as you do so. Return to the starting position and then allow them to slowly fall to the opposite side. Repeat as directed.