

CHIN TUCK WITH OVER PRESSURE

Perform a chin tuck and add over pressure with your hand on your chin. Be sure your eyes, nose and chin are facing directly forward. Do not allow your head to tilt upwards. Video # VVRX6CBKH



Repeat 1 Time
Complete 1 Set

Hold 30 Seconds
Perform 1 Times a Day

UPPER TRAP STRETCH - HOLDING CHAIR AND HEAD

While sitting in a chair, hold the seat with one hand and place your other hand on your head to assist in bending your head to the side as shown.



Bend your head towards the opposite side of the hand that is holding the chair seat. You should feel a stretch to the side of your neck. Video # VVQ9ZVGB4

Repeat 1 Time
Complete 1 Set

Hold 30 Seconds
Perform 1 Times a Day

LEVATOR SCAPULAE STRETCH - HOLDING CHAIR AND TOP OF HEAD

Grab the chair seat and then tilt your head to the other side, then rotate to the side, then tip downward as in looking at your opposite pocket.



Use your other hand and apply over pressure by gentling pulling.

You should be looking towards your opposite pocket of the target side. Video # VV59WRWBG

Repeat 1 Time
Complete 1 Set

Hold 30 Seconds
Perform 1 Times a Day



Table/Elevated Scapular Retraction/Protraction

Start in a push up position on your hands and leaning up against a table or counter top as shown. Maintain this position as you protract your shoulder blades forward to raise your body upward a few inches. Then, return to original position.

Progress by standing further away from the table. Video # VVMGDNACU

Repeat 15 Times
Complete 1 Set

Hold 1 Second
Perform 1 Times a Day



Posterior Glenohumeral Capsule Stretch

Put your shoulder diagonally against the wall. Using your other hand, keep the arm you are stretching straight and bring that arm towards your chest. You should feel this stretch in the back of your shoulder. Stretch for 30 seconds, and then switch sides. Repeat.

Repeat 1 Time
Complete 1 Set

Hold 30 Seconds
Perform 1 Times a Day



Active Range Of Motion Shoulder Extension

With your both arms starting at your side, draw your arm back behind your waist. Keep your elbows straight. Video # VVZEJQJHM

Repeat 15 Times
Complete 1 Set

Hold 1 Second
Perform 1 Times a Day



Doorway Pec Stretch, Middle

Stand in a doorway of standard width. Place forearms against door frame, with elbows oriented LEVEL with the shoulders. Step forward with one leg, shifting body weight forward through doorway until moderate stretch is felt in the front of the shoulders.

Repeat 1 Time

Hold 30 Seconds

Complete 1 Set

Perform 1 Times a Day



Middle Trapezius and Rhomboid Stretch

Sit or stand with a good posture and a solid core. Clasp your hands together horizontally in front of you and then start to look down between your arms. Combine pushing your hands as far forward as possible and pulling your chin nearer your chest to feel the stretch particularly along your spine and in between your shoulder blades

Repeat 1 Time

Hold 30 Seconds

Complete 1 Set

Perform 1 Times a Day



SEATED PIRIFORMIS STRETCH

While sitting in a chair, cross your leg with the ankle of one foot on the knee of the other.

Next, pull the top knee upward towards your opposite shoulder for a stretch. Video # VVV24ZGDD

Repeat 1 Time

Hold 30 Seconds

Complete 1 Set

Perform 1 Times a Day



SEATED LOW BACK STRETCH

While sitting in a chair, slowly bend forward and reach your hands for the floor. Bend your trunk and head forward and down. Video # VVM8SGHBE

Repeat 1 Time
Complete 1 Set

Hold 30 Seconds
Perform 1 Times a Day



STANDING HAMSTRING STRETCH - PROPPED

Start by standing and prop your foot of the affected leg on a chair or a step.

Next, slowly lean forward until a stretch is felt behind your knee/thigh. Bend through your hips and not your spine. Hold, then return to starting position and repeat. Video # VVSSRZZW3

Repeat 5 Times
Complete 1 Set

Hold 5 Seconds
Perform 1 Times a Day



LOWER BACK/HAMSTRING STRETCH - STANDING - SUPPORTED

Start by standing with your feet together and your hands on the back of a chair or counter top for support.

Next, lean forward for a gentle stretch to your low back/hamstrings.

Return up to starting position and repeat. Video # VWARDU45N

Repeat 1 Time
Complete 1 Set

Hold 30 Seconds
Perform 1 Times a Day



STANDING ILIOTIBIAL BAND STRETCH WITH TRUNK SIDE BEND - ITB

In a standing position, cross the affected leg behind your unaffected leg.

Next, with your arm over head, lean to the side towards the unaffected leg.

Repeat 5 Times
Complete 1 Set

Hold 5 Seconds
Perform 1 Times a Day