



Notes :

1 Active cervical flex./ext.



Sets: 3 Reps: 10

Lie on your stomach with your head over the edge of the bed/table. Lower your head down as far as possible, keeping your chin tucked in. Raise your head up as high as possible without pain. Repeat. Do not tilt or turn your head. Raise and lower it straight up and down.

2 Lumbar extension



Sets: 3 Reps: 10

Lie on your stomach with your chin tucked in and your arms along the side. Raise your head and shoulders off the bed keeping your chin tucked in. Lower your head and shoulders back to the bed and repeat.

3 Isometric cervical retraction



Sets: 3 Hold: 30 seconds

Stand or sit tall with your chin tucked in. Place one hand behind your head. Without allowing movement, attempt to move your head backwards, resisting with your hand. Gently relax and repeat.

4 Neck flexion and retraction



Sets: 3 Reps: 10

Lie on your back without a pillow under your head. Tuck your chin inward and get yourself tall by pretending that a rope is pulling you up from the back of your head. Slightly lift your head from the bed, keeping the chin tucked in. You should be able to swallow at all times during the exercise. Return to the initial position and repeat.

5 Isometric neck extension



Sets: 3 Hold: 30 seconds

Lie on your back with a pillow under your head. Tuck your chin inward and get yourself tall by pretending a rope is pulling you up from the back of your head. Push your head on the pillow to try to lift your shoulders off the bed, keeping your chin tucked in at all times. Relax and repeat.



6 Isometric retraction/elongation



Sets: 3 Hold: 30 seconds

Lie on your back without a pillow under your head.
Tuck your chin in so as to press the back of your head into the bed and pull yourself taller as if there is a rope pulling the back of your head.
Return to the initial position and repeat.

7 Stretching levator scapula



Sets: 3 Hold: 30 seconds

Sit tall on a straight chair.
Grab the bottom of the seat with your hand on the injured side to lower the shoulder by pulling down.
Tilt and turn your head to the opposite side.
Nod head forward until a stretch is felt along side and back of neck.
Apply extra pressure (gently) with your hand to increase the stretch if needed.
Hold the stretch and relax.

8 Back extension+scap. depressio



Sets: 3 Reps: 10

Lie face down on a mat with your arms bent and your thumbs pointing to the ceiling. Slide your arms straight and lift them up by pulling your shoulder blades together. Hold as prescribed. Return to starting position.

9 Scapula retraction



Sets: 3 Reps: 10

Lie on your stomach, face down with your arms overhead, elbows bent and thumbs pointing upward.
Lift your elbows and hands off the surface while pulling your shoulder blades together and downward.
Let your elbows down and repeat.

10 Multifidus activation



Sets: 3 Reps: 10

Lie on your stomach at the edge of a firm bed or a table and let your arm hang over the edge.
Lift your arm up towards your head without bending it.
Return to the resting position and repeat with the other arm once you've changed sides of the bed or table.



11 Scapula retraction



Sets: 3 Reps: 10

Lie on your stomach, face down with your hands on the back of your head.
Lift your elbows off the surface while squeezing your shoulder blades together.
Let your elbows down and repeat.

12 Brugger exercise



Sets: 3 Reps: 10

Stand up with your arms relaxed on your side.
Rotate your arms so your thumbs are pointing backward to open the chest.
Squeeze the shoulder blades together, keep your chin tucked and hold this position for the recommended time.

13 Shoulder blade squeeze



Sets: 3 Reps: 10

Tuck your chin slightly and keep your spine tall.
With your arms relaxed on your side squeeze your shoulder blade together with shrugging them.
Gently relax the position and repeat.

14 Scapular retraction



Sets: 3 Reps: 10

Lie face down on a table with your arm hanging off the sides, thumbs up and shoulders back and down.
Raise your arms up to shoulder level (with hands aligned with the shoulders) while keeping your elbows straight.
Lower your arms and repeat.
Keep your thumbs pointing up at all times.

15 Pectoral stretch



Sets: 3 Hold: 30 seconds

Stand up next to a wall corner.
Place your forearm along the wall.
Lean your body forward until you feel a stretch across your chest.
To emphasize the upper chest, place the arm lower than horizontal, to stretch more the middle portion, place the arm perpendicular and to stretch the lower portion, place the arm higher than parallel.



16 Stretching pectorals



Sets: 3 Hold: 30 seconds

Stand up straight in front of an open doorway.
Place your hands onto either side of the doorway at shoulder level.
Lean your body weight forward until you feel a stretch along your chest and in front of your shoulders.
Maintain the position and relax.

17 Wall slide



Sets: 3 Reps: 10

Stand or sit on the floor with back and buttocks against the wall. Place your head (chin in), your shoulders, elbows and wrists against the wall with shoulders and elbows at 90 degrees. Keeping the entire body in contact with the wall, slowly slide your arms upward along the wall. Breathe normally during movement and slowly return to the initial position.

18 Lower trapezius on wall



Sets: 3 Reps: 10

Stand facing a wall with both hands placed on the wall (little finger side). Slowly lift your hands along the wall up and to the outside creating a 45 degree angle while pulling your shoulder blades together and downward. Return to the initial position and repeat.

19 Thoracic ext. mobility



Sets: 3 Reps: 10

Place your foam roller on the floor and take a kneeling four point position with your wrists on the foam roll in front of you.
Roll the foam roll forward by stretching your spine and lowering your chest towards the floor.

20 Thoracic extension mobility



Sets: 3 Hold: 30 seconds

Place your foam roller on the floor and lie on your back with your knees bent and the foam roller at the level of your shoulder blades.
With your arms behind your head, lower your head as close as you can to the floor until you feel a stretch behind your back.
Maintain your abs tight and proper low back posture during the exercise.



21 Extension/retraction, elastic



Sets: 3 Reps: 10

Stand and tie an elastic in front of you at waist level. Hold tightly both ends of the elastic in both hands. Your elbows are slightly flexed. Keeping the elbows locked, shoulders down and torso stable, pull the elastic backwards as far as possible by joining your shoulder blades together and your arms back. Slowly return to the initial position and repeat.

22 Horizontal abd., elastic



Sets: 3 Reps: 10

Tie an elastic in front of you at waist level. Hold tightly both ends of the elastic in separate hands. Your elbows are slightly flexed. Keeping your elbows locked, shoulders down, chin tucked in and torso stable, pull the elastic backwards as far as possible by joining your shoulder blades together and keeping your arms horizontal. Slowly return to the initial position and repeat.

23 Thoracic extension mobility



Sets: 3 Reps: 10

Lie on your back with a pillow under your head. Tuck your chin inward and get yourself tall by pretending that a rope is pulling you up from the back of your head. Push your elbows on the floor to lift your trunk off the floor as high as you can, keeping your chin tucked in at all times. Lower your trunk and repeat.

24 Shoulder external rotation



Sets: 3 Hold: 30 seconds

Lie on your side with both knees bent. Pull the tip of your shoulder back and with your elbow tucked in by your side and your forearm against your belly, bring your hand away from your body as high as you can. Slowly lower your hand and repeat. Keep your elbow in contact with your body at all times. To progress, repeat with a weight.

25 Active external rotation 90-90



Sets: 3 Reps: 10

Lie on your back with your arm 90° from your trunk and elbow bent 90°. Bring your wrist and forearm toward the floor behind you as much as possible while keeping your elbow still.



26 Resisted shoulder scaption



Sets: 3 Reps: 10

Stand with weights in your hands, arms at sides, elbows straight and thumbs up. With shoulders down and back, raise your arms diagonally between your side and front overhead.

Return to the starting position.

27 Shoulders backward rotation with retraction



Sets: 3 Reps: 10

Roll up the shoulders backward and then squeeze both shoulder blades together.

28 Elastic retraction



Sets: 3 Reps: 10

Hold the tubing handles in each hand, your forearm parallel to the ground.

With the elbows slightly in front of your trunk and palms facing each other, squeeze the shoulder blades together against the pull of the band.

Return and repeat.

Do not poke the chin or arch your lower back while you do the exercise.

29 High rowing and retraction



Sets: 3 Reps: 10

Stand facing the wall with your chin tucked-in and grab an elastic with one end in each hand. The tubing should be anchored at eye's level.

With the arms out in front, palms facing down, pull back on the elastic while keeping the elbows at shoulder height and your chin tucked-in.

Squeeze the shoulder blades together at the end of the movement without bringing your elbows behind your back.

Return and repeat.

30 Depression+retraction, elastic



Sets: 3 Reps: 10

Stand and tie an elastic very high in front of you. Firmly hold the ends of the elastic in each hand and slightly raise your arms forward. Lower and squeeze your shoulder blades together without moving the arms. Return and repeat.