



HALF KNEEL HIP FLEXOR STRETCH

While kneeling down on one knee, lean forward and bend your front knee until a stretch is felt along the front hip area of the knee-down side. To intensify the stretch, push your hips forward by squeezing the glute on the side of the down knee.

DO NOT ARCH YOUR LOW BACK. □

Stop immediately if pain is present.

Hold 30 Seconds

Complete 3 Sets

Perform 2 Times a Day



THORACIC ROTATION - QUADRUPED

While in a crawl position, lower your buttock a little towards your feet to get in a lower position as shown.

Next, with a hand behind your head, rotate your body and your head to the side, then return. Exhale as you rotate upward. □

If shoulder pain is present, perform with arm across chest.

Stop immediately if pain is present.

Repeat 10 Times

Hold 1 Second

Complete 3 Sets

Perform 2 Times a Day



CAT AND CAMEL

While on your hands and knees in a crawl position, raise up your back and arch it towards the ceiling like an angry cat.

Next return to a lowered position and arch your back the opposite direction. □

Perform motion in a pain-free range of motion. Stop immediately if pain is felt.

Repeat 10 Times

Hold 1 Second

Complete 3 Sets

Perform 2 Times a Day

HEEL BRIDGING



While lying on your back, tighten your lower abdominals, squeeze your buttocks, lift your toes and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. You should be pressing through your heels the entire time. Squeeze your glutes to raise up.



Stop immediately if pain is felt.

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 2 Times a Day



thoracic extension stretch

Sit in a chair with a sturdy back support, place towel roll at shoulder blade level, place hands behind neck, gently lean back, moving from the upper back, avoiding movement at the lower back and neck.

Be aware of low back, it will want to compensate for poor mobility in trunk. Keep engaged and only allow movement in thoracic (mid back) region.

Stop immediately if pain is felt.

Repeat 10 Times
Complete 3 Sets

Hold 1 Second
Perform 2 Times a Day



Shoulder Blade Squeezes

Begin in an upright posture with hands relaxed at your sides as in the picture on the left. Next initiate movement from your shoulder blades and upper arms, rotate arms externally (away from body) while simultaneously squeezing shoulder blades down and back. Do not engage upper trap neck muscles.

Stop immediately if pain is felt.

Repeat 15 Times
Complete 3 Sets

Hold 1 Second
Perform 2 Times a Day



CERVICAL CHIN TUCK AND RETRACTION - SUPINE WITH TOWEL

While lying on your back with a small folded up towel under your head, tuck your chin towards your chest. Also, focus on putting pressure on the towel with the back of your head.



Maintain contact of head with the towel the entire time.

Stop immediately if pain is present.

Repeat 10 Times

Hold 1 Second

Complete 3 Sets

Perform 2 Times a Day