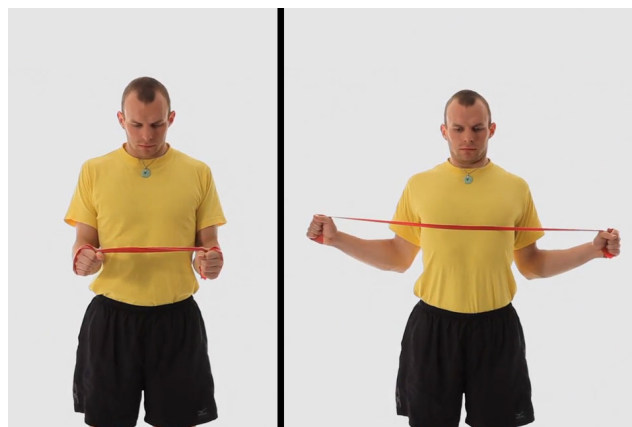


Levator Scapulae Stretch

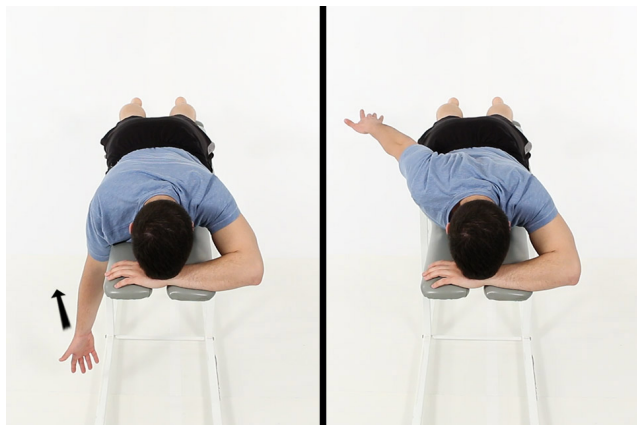
Sets: 1 **Reps:** 15 **Resistance:** -- **Hold:** 5 sec **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description: Begin sitting and grasp the side of the chair with the arm of the side that is to be stretched. Rotate your head away from the side that is to be stretched. Grasp the opposite side of your head with your other hand, and gently pull your head down toward your shoulder. Hold as directed. Repeat as directed.

Resisted Scapular Retraction & Shoulder External Rotation

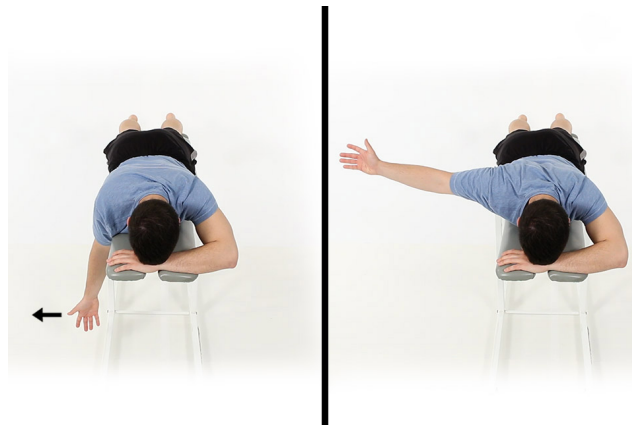
Sets: 1 **Reps:** 15 **Resistance:** -- **Hold:** 5 sec **Rest:** -- **Times Per Day:** --
Times Per Week: --

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.

Prone I's

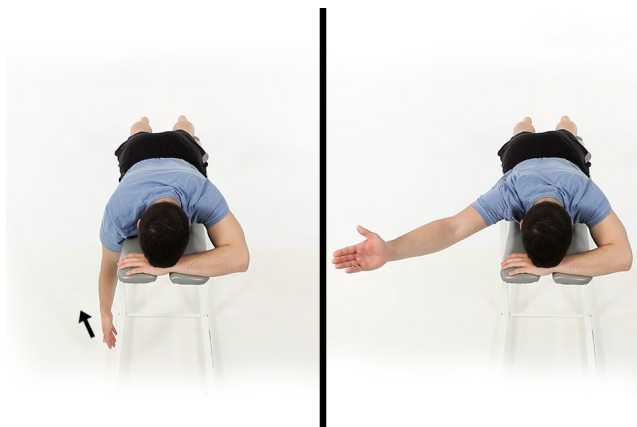
Sets: 1 **Reps:** 15 **Resistance:** -- **Hold:** 5 sec **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description: Starting Position: Lie on your stomach with your affected arm off the edge of your bed. Keep your head in neutral by placing your hand under your forehead as shown. Movement: Pull your shoulder blade down and back and extend your arm to your side keeping your palm facing the ground. Once parallel to the floor slowly return to the starting position. Tip: If you have pain at the front of your shoulder try squeezing your shoulder blade with more effort, otherwise stop. Do not shrug your shoulder.

Prone T's

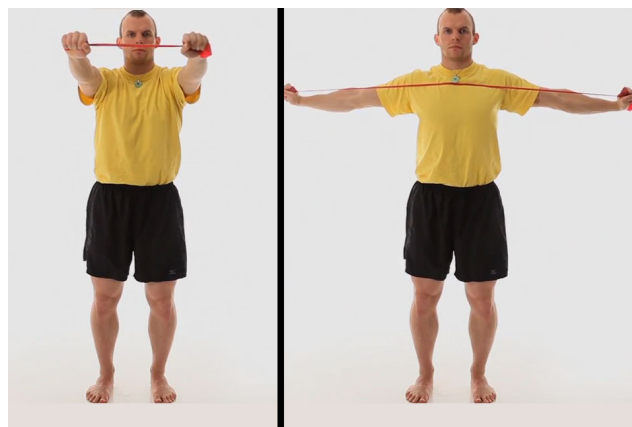
Sets: 1 **Reps:** 15 **Resistance:** -- **Hold:** 5 sec **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description: Starting Position: Lie on your stomach with your affected arm off the edge of your bed. Keep your head in neutral by placing your hand under your forehead as shown. Movement: Lock your shoulder blade down and back and raise your arm to your side perpendicular to your body, forming a T. Once parallel to the floor slowly return to the starting position. Tip: If you have pain at the front of your shoulder try squeezing your shoulder blade with more effort, otherwise stop. Do not shrug your shoulder.

Prone Y's

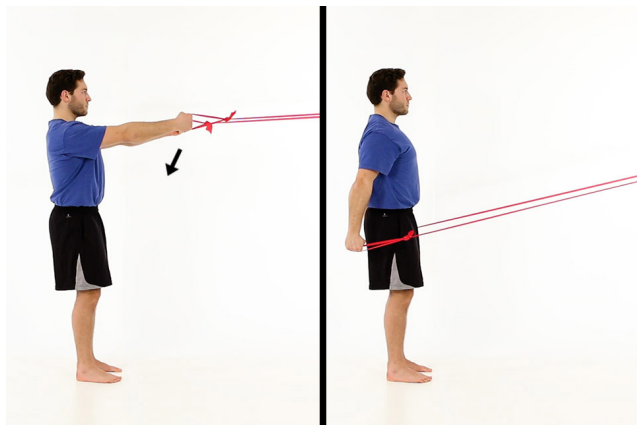
Sets: 1 **Reps:** 15 **Resistance:** -- **Hold:** 5 sec **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description: Starting Position: Lie on your stomach with your affected arm off the edge of your bed. Keep your head in neutral by placing your hand under your forehead as shown. Movement: Lock your shoulder blade down and back and raise your arm over your head, forming a Y, keeping your thumbs pointing up towards the ceiling. Once parallel to the floor slowly return to the starting position. Focus on squeezing the muscle below your shoulder blades as you reach end range. Tip: If you have pain at the front of your shoulder try squeezing your shoulder blade with more effort, otherwise stop. Do not shrug

Bilateral Horizontal Shoulder Abduction with Resistance Band

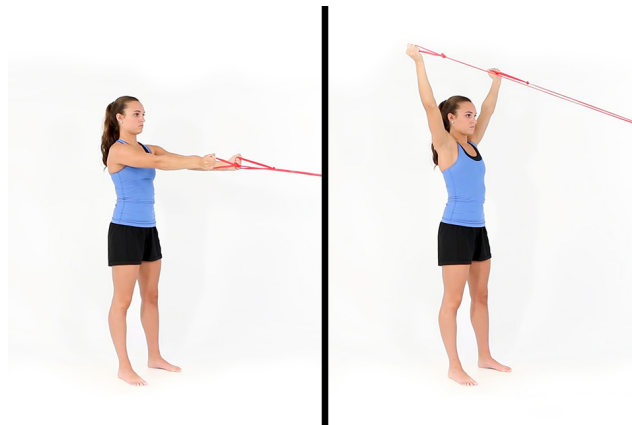
Sets: 1 **Reps:** 15 **Resistance:** -- **Hold:** 5 sec **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description: Begin by holding an exercise band in both hands. Bring both arms up in front of you to shoulder height with your hands together and elbows straight. Keeping your elbows straight and arms parallel to the floor, slowly pull your hands apart, bringing them out to your sides. Once fully out to your side, slowly allow them to come back together. Repeat as directed.

Resisted Shoulder Extension

Sets: 1 **Reps:** 15 **Resistance:** -- **Hold:** 5 sec **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description: Anchor an elastic band to a secure object at chest height. Squeeze your shoulder blades down and back. Extend your arms backward while keeping your elbow straight. Return to the starting position.

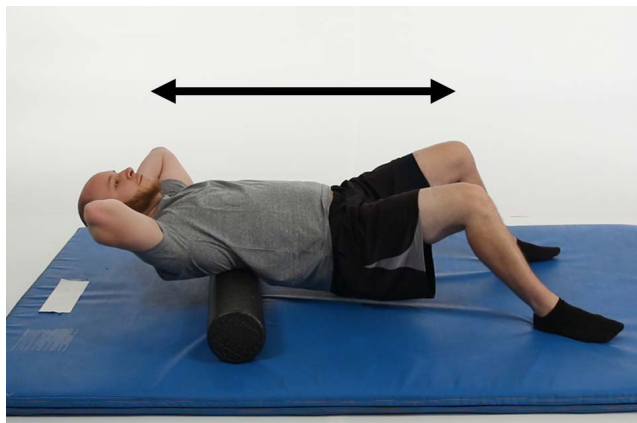
Standing Y's

Sets: 1 **Reps:** 15 **Resistance:** -- **Hold:** 5 sec **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description: Starting Position: Begin standing with a band anchored at chest height in front of you.

Movement: Engage your shoulder blades down and back as you reach your arms, while keeping them straight, up overhead against the resistance of the band making the shape of a Y. Return to the starting position and repeat as prescribed. Focus on activating and using your shoulder blade muscles.

Tip: Do not allow your shoulders to shrug up towards your ears.

Thoracic Extension Foam Rolling

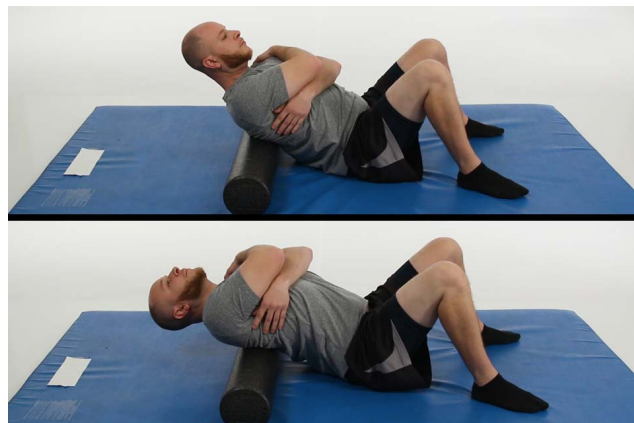
Sets: -- **Reps:** -- **Resistance:** -- **Hold:** 2-3 min **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description: Starting Position:

-Lie on a foam roll so that it is perpendicular to your body and resting on your thoracic spine (upper back). Support your head with laced hands.

Movement:

-Gently lean back and use your legs to push your body along the roller from your mid back to your shoulder blades.

Thoracic Extension Mobilization over Foam Roll (Hands on Trunk)

Sets: 1 **Reps:** 15 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description: Starting Position:

-Lie on a foam roller so that it is perpendicular to your body and resting on your thoracic spine (upper back). Support your head with laced hands.

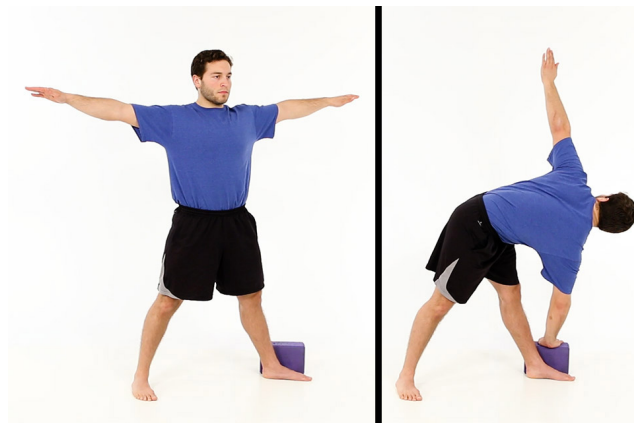
Movement:

-Gently lean back over the roll and hold. Repeat as prescribed.

Tip:**Book Opener with Cervical Spotting**

Sets: 1 **Reps:** 10 **Resistance:** 5 sec **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.

Revolved Triangle Pose

Sets: 1 **Reps:** 10 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description: You can start this pose on your hands and toes with your knees straight (Dog pose or Adho Mukha Svanasana). Bring one foot forward, heel on the ground. Put your hands next to your foot and, without changing your posture and/or shifting your weight, turn your rear foot out to about 45 degrees. At this point, you want to put your opposite hand flat on the floor next to your foot on the outside. Rotate the spine and reach up with the free hand. Rotate your head to look at your hand if possible. Think about making the spine long, you don't want to hunch over. Return to the starting position by reversing the

Comments: put one hand and elbow between knees

Lunge with Rotation

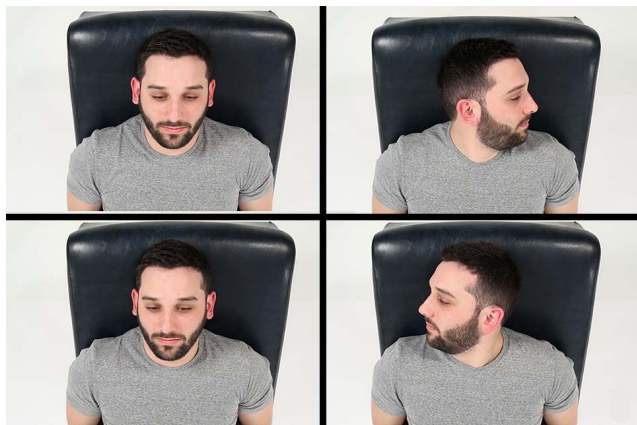
Sets: 1 **Reps:** 10 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description: Start in standing with both feet together. Step forward with the side to be exercised and bend at both knees. When fully lunged, rotate your upper body to the side, keeping your feet in place. When fully rotated, turn back so you are facing forward and return to the starting position. Repeat as directed.

Self SNAGS Cervical Rotation

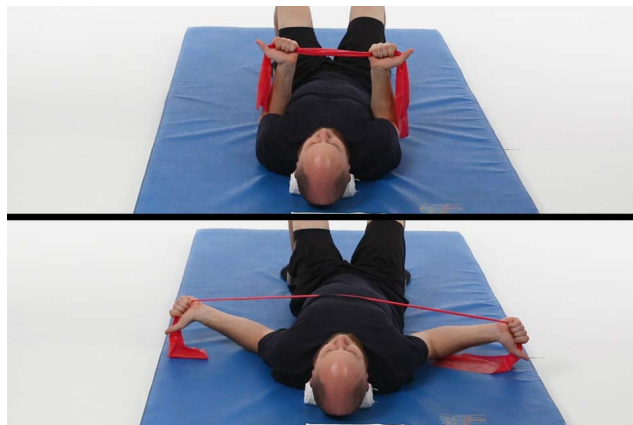
Sets: 1 **Reps:** 10 **Resistance:** -- **Hold:** 5 sec **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description: Starting Position: Place a towel or stretching strap around your neck. Criss-cross your arms so that your right hand is holding the left strap and the left hand is holding the right strap. Movement: For right rotation, the left arm pulls the towel down towards the chest to stabilize it. The right hand now pulls the towel up (45 degrees) crossing the bridge of the nose. When done properly the towel remains close to the side of the face. The upper right hand should position the towel so that it is close to the eye and keep it there as the movement takes place. To complete the exercise rotation over pressure must

Supine Cervical Rotation AROM

Sets: 1 **Reps:** 10 **Resistance:** -- **Hold:** 5 sec **Rest:** -- **Times Per Day:** --
Times Per Week: --

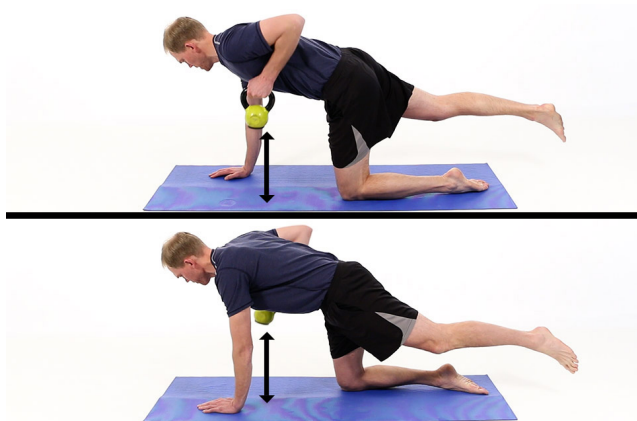
Description: Starting Position: Begin lying on your back with your head supported on a flat surface. Movement: Turn your head to each side. To perform RIGHT rotation, rotate your chin towards your RIGHT shoulder. Alternate sides and repeat as prescribed. Tip: Do not side bend your neck during this exercise.

Supine Shoulder W's with Resistance Band and Chin Tuck

Sets: 1 **Reps:** 10 **Resistance:** -- **Hold:** 5 sec **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description: Starting Position: Begin by lying on your back in the hook lying position. Engage your deep neck flexors by performing a chin tuck. Grasp a band with your elbows at your sides and your forearms vertical. Movement: Slowly rotate your hands out away from your body while keeping your elbows bent at 90 degrees. It will look like you are performing a double hitch hiker motion. Repeat as prescribed. Tip: Hold the chin tuck throughout the exercise.

Comments: Hold band out and rotate head side to side

Row in Quadruped

Sets: 2 **Reps:** 10 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description: Starting Position: Begin in an 'all 4's' position on a bench. Movement: Engage your core to tuck your pelvis and push chest away from the bench. Extend one leg back then row opposite arm up and down. Repeat on both sides Tip: This exercise tests your balance and stability, keep core braced and start with minimal weight to learn the move.

Comments: each side

Forearm Pronation with Hammer

Sets: 1 **Reps:** 15 **Resistance:** -- **Hold:** 5 sec **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description: Hold a hammer on the side you wish to exercise. With your elbow bent to 90 degrees and your arm held tight to your side with your other hand, slowly rotate your forearm so that your palm is facing down. Return to the starting position. Repeat as Directed.

Comments: rotate hand down and up

Wrist Flexor Stretch with Elbow Extended and Pronated (Palm Up)

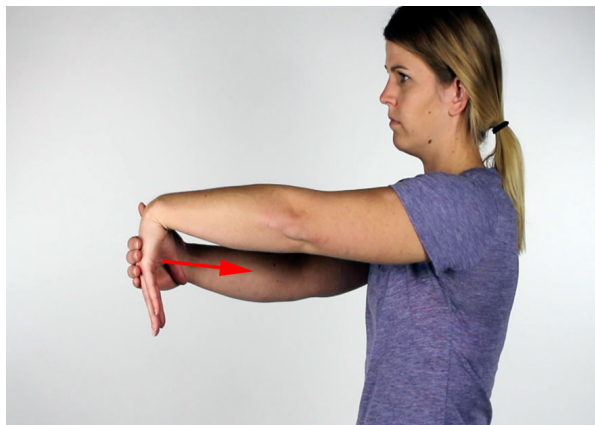
Sets: 1 **Reps:** 5 **Resistance:** -- **Hold:** 15 sec **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description: Starting Position: Stand with your feet hip width apart. Engage your lower abdominals and gluteal muscles to maintain a neutral pelvis position. Extend your affected arm in front of you with the elbow straight, the back of your forearm facing up, and palm facing up. Movement: In this palm up elbow extended position, pull back on your fingers until you feel a stretch through your fingers, palm, and front of your forearm. Hold for prescribed amount of time; repeat as prescribed by your therapist.

Bilateral Wrist Flexor Stretch

Sets: 1 **Reps:** 5 **Resistance:** -- **Hold:** 15 sec **Rest:** -- **Times Per Day:** --
Times Per Week: --

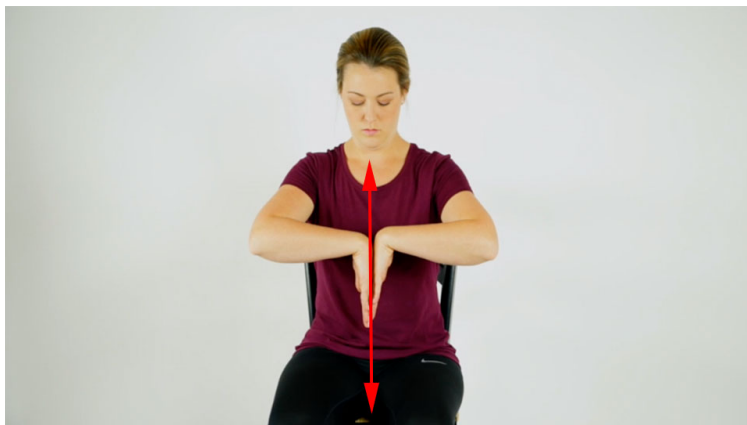
Description: Begin in seated with your back straight. Place your palms together at chest level. lower your palms down and bring your elbows up. Hold as directed. Repeat as directed.

Wrist Extensor Stretch with Elbow Extended (Pronated Palm Down)

Sets: 1 **Reps:** 5 **Resistance:** -- **Hold:** 15 sec **Rest:** -- **Times Per Day:** --
Times Per Week: --

Description: Starting Position: Stand with your feet hip width apart. Engage your lower abdominals and gluteal muscles to maintain a neutral pelvis position. Extend your affected arm in front of you with the elbow straight, the back of your forearm facing up, and palm facing down. Movement: In this palm down elbow extended position, pull back on your fingers until you feel a stretch

Comments: make a fist

Reverse Prayer Stretch

Sets: 1 **Reps:** 5 **Resistance:** -- **Hold:** 15 sec **Rest:** -- **Times Per Day:** --
Times Per Week: --

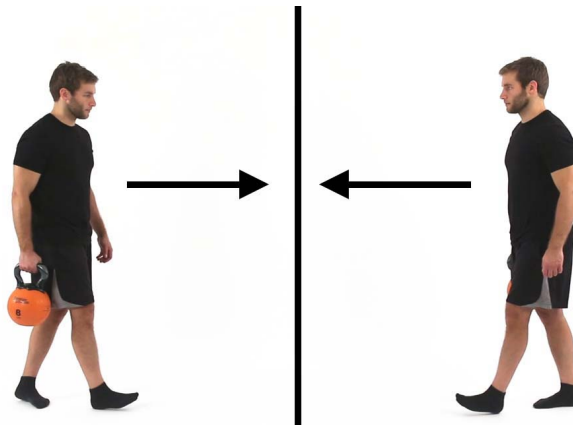
Description: Starting position is seated upright in chair. Place the back of your hands together in front of your chest and fingers pointing downward. Begin exercise by keeping back of hands together and moving your elbows downward up until you feel a comfortable stretch in your wrists and forearms. Hold for specified amount of time and relax. Repeat for specified number of repetitions.

Farmer's Carry

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

Description: Starting Position: Standing, holding desired KB in both arms at side. Movement: Walk desired distance while holding kettlebell's at side. Tip: Maintain height throughout walk, with good posture.

Comments: until grip starts to fail

Suitcase Carry (Kettlebell)

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

Description: Starting Position: -Begin in standing while holding a weight in your affected hand. Make sure the weight is heavy enough to be a challenge.

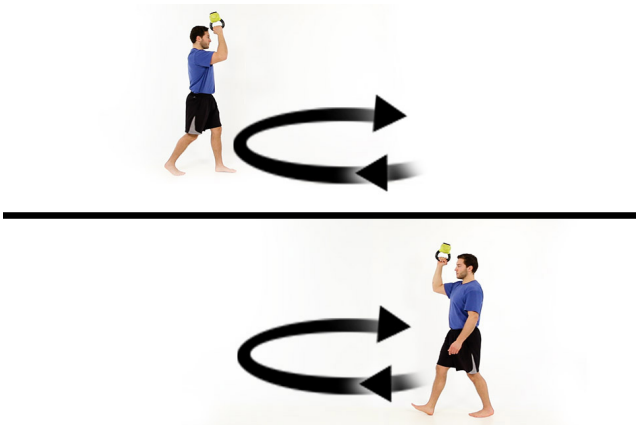
Movement:

-Begin walking a distance or amount of time as prescribed.

Tip:

Comments: until grip starts to fail

Waiter's Carry Bottoms Up



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

Description: Starting Position: Standing, holding desired KB in one hand bottoms up with shoulder, elbow at 90 degrees at side of body, with handle in hand and bottom of KB in the air. Movement: Walk desired distance while holding Kettlebell in bottoms up positions. Tip: Maintain height throughout walk, with good posture, keeping KB as still as possible.

Comments: until grip fails or shoulder fatigues

Overhead Carry



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

Description: Starting Position: Standing, holding desired KB overhead with arm fully extended and wrist stiff. Movement: Walk desired distance while holding Kettlebell overhead, repeat with opposite arm. Tip: Maintain height throughout walk, with good posture while walking with Kettlebell with arm pressed overhead

Comments: until grip fails or shoulder fatigues