

Upper Body Exercises

1 Arm pectoralis stretch

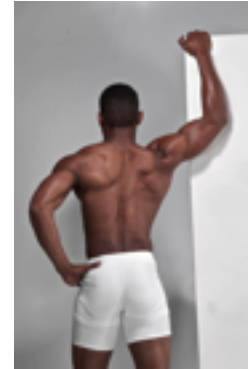
Place arm at a 45 degree angle in a door frame keeping elbow and upper arm behind the frame (as pictured).

Slightly turn body away from arm and lean slowly and controlled. Keep head, neck, and back straight as you lean.

Tension should be felt in the front of the chest, shoulder, and arm.

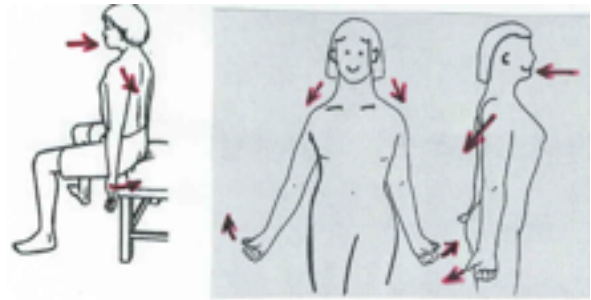
Discontinue if pain is felt.

Hold 20-30 seconds and repeat on other side. Repeat hourly or as instructed



Brugger Sit on the very edge of your seat (if sitting) and turn your thumbs backwards (like you were hitch hiking).

Next pull your shoulder blades **BACK AND DOWN** (visualize pinching a quarter between the bottom part of your shoulder blades) Third, pull your chin backward giving yourself a double chin. Hold the position for 30 seconds. Repeat hourly or as instructed. This exercise should be done in a controlled and generally relaxed manner.



Trap Levator Stretch

Place your hand on your head just behind your ear.

Reach the opposite arm behind your back. Gently pull towards the elevated arm and hold for 20-30 seconds. Repeat hourly or as directed.



Rotator Cuff Strengthening Position yourself as in photo to right and use a very light weight (1-3lbs) or large soup can and rotate your arm up and back VERY SLOWLY. Your thumb should point backwards at the top. Lower weight and repeat as directed.



Lower Body Exercises

Psoas Stretch

Place one leg up on a chair or stair (something that won't move). Keep your back, neck, and shoulders in line and slowly lunge forward (similar to a runner's stretch) bending your elevated knee and keeping your back leg (downside leg) straight and heel on the floor. Don't bend forward at the waist. Hold the stretch for 20-30 seconds three times per day or as directed.



Piriformis Stretch

Written for stretching the **left** piriformis muscle:

Lying on your back with knees bent.

Grasp the left ankle with the right hand. Make sure the left ankle and left foot are just above the right knee as shown in the photo.

Rotate the left leg until slight tension is felt in the left gluteal (posterior leg) region. From this point pull with both hands toward the direction of the right shoulder.

Hold for 20-30 seconds and repeat on the other side.



Figure 4 Hip Stretch

Lying on your back, with knee bent bring ankle over thigh.

Reach between the space between the thighs, interlock fingers and gently pull the legs toward torso.

Hold for 20-30 seconds and repeat on the other side.



Bridge

Lye on your back with feet shoulder width apart. Raise your hips off the floor so your body forms a straight line from your shoulders to knees. Hold 5 seconds as you squeeze your glute muscles at the top. Start 5- 10 reps or as directed.

