

Exercise Sheet

Cervical Extension



1. Start with your shoulders relaxed and your head in a neutral position.
2. Bring your head backwards and look up towards the ceiling. Then return to a neutral position.

Reps: 15 | Sets: 2 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day

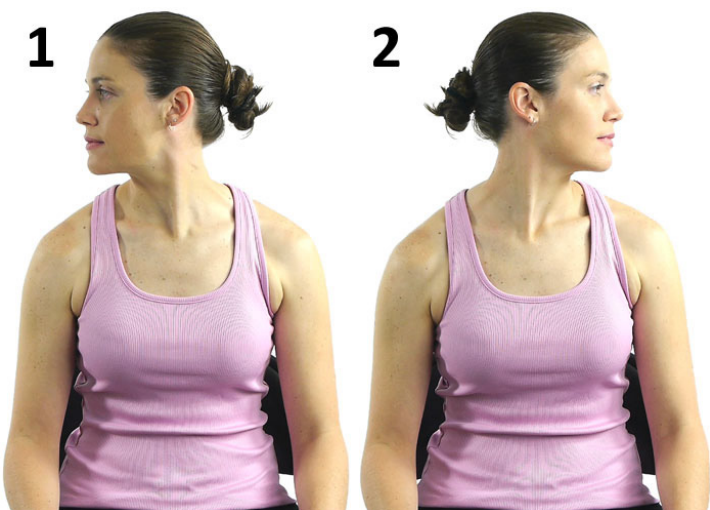
Cervical Flexion



1. Start with your shoulders relaxed and your head in a neutral position.
2. Bend your chin down towards your chest, and come back up into a neutral position.

Reps: 15 | Sets: 2 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day

Cervical Rotation



1. Start with your shoulders relaxed and your head in a neutral position. Slowly turn your head like you are looking over your shoulder.
2. Repeat to the other side.

Reps: 15 | Sets: 2 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day

Cervical Sidebend



1. Start with your shoulders relaxed and your head in a neutral position. Bend your head towards your shoulder like you are trying to touch your ear to your shoulder.
2. Repeat to the other side.

Reps: 15 | Sets: 2 | Which Side: Both | Hold Time: 1-2 seconds | How Often: 2-3 times per day

Upper Trapezius Stretch



1. Sitting in a chair, place your hand of the side you want to stretch underneath your thigh so you are sitting on it. You can also place it behind your back.
2. Take your other hand over your head and place it on the side you want to stretch. Gently pull towards the other side until you feel a stretch, and hold.

Reps: 3 | Sets: 2 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day

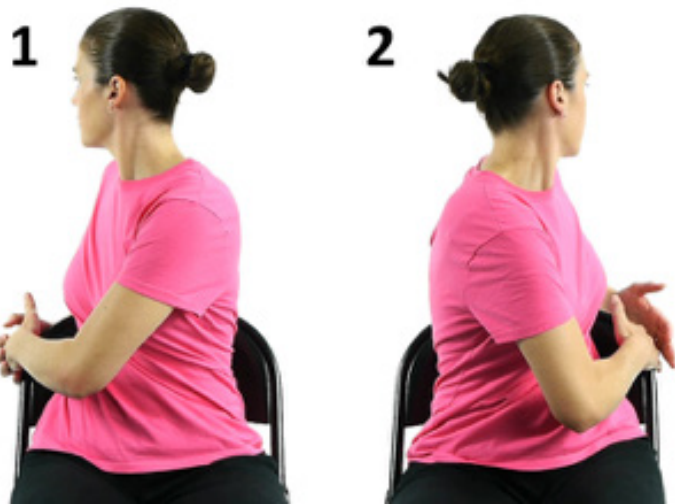
Chin Tucks Sitting



1. Sitting in a chair, make sure your back is straight and you are sitting upright. Place your finger on your chin.
2. Move your chin away from your finger by moving your chin backwards and not tucking it in towards your chest. Hold the stretch.

Reps: 15 | Sets: 2 | Hold Time: 3-5 seconds | How Often: 2-3 times per day

Seated Trunk Rotation



1. Sit in a chair with your back straight. Twist your upper body to one side, but try to keep your hips in one spot.
2. You can use the back of the chair to pull and get more of a stretch. Hold the stretch. Repeat to the other side.

Reps: 5 | Sets: 2 | Which Side: Both | Hold Time: 15 seconds | How Often: 2-3 times per day

Corner Chest Stretch



1. Stand in a corner, and place one hand on each side of the wall. Put one foot in the corner in a lunge position.
2. Lean into the wall until you feel a stretch in your chest area.

Reps: 3 | Sets: 1 | Hold Time: 30 seconds | How Often: 2-3 times per day

Double Knee to Chest



1. Lie on your back with your knees propped up on the ground. Bring your knees up towards your chest.
2. Grab both legs behind your knees, and gently pull towards your chest. Hold the stretch.

Reps: 3 | Sets: 2 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day

Piriformis Figure 4 Stretch



1. Lie on your back with your knees propped up. Cross the leg you want to stretch over the other with the ankle at the top of the knee in a figure 4. Grab underneath the thigh of the leg still on the ground.
2. Pull your leg up toward your chest until you feel a stretch in your buttocks area. Hold the stretch.

Reps: 3 | Sets: 2 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day

Lower Back Stretch Lying Down



1. Lying down on the ground, put one leg straight out.
2. On the side you want to stretch, bend that knee up to about a 90 degree angle, and then with your opposite hand, pull your knee across your body until you feel a stretch.

Reps: 3 | Sets: 1 | Which Side: Both | Hold Time: 30 seconds | How Often: 2-3 times per day

Lifting Heavy Objects



When lifting a heavy object, keep your back straight, and lift with your legs and buttocks muscles.

1. a) Standing in front of the object, bend your stronger knee forward into a lunge position with the other knee touching the ground. Bend at your hips, and not your back. b) Push up with the stronger knee lifting the object and the other knee off the ground.
2. a) Standing in front of the object with your feet shoulder width apart, squat down bringing your chest forward and your buttocks back while keeping your back straight. b) Using your legs and buttocks, lift the object and stand up.