

COMMENTS:

There should be no pain while exercising. It is important to exercise everyday, consistency is the key.



Decompression Position

Lay on your back with both legs propped up on a chair. Allow your back to relax and stretch. Lay in this position for 5-10 min.

Repeat 1 Time
Hold 5 Minutes
Perform 2 Time(s) a Day



SINGLE KNEE TO CHEST STRETCH - SKTC

While Lying on your back, hold your knee and gently pull it up towards your chest.

Repeat 5 Times
Hold 10 Seconds
Complete 2 Sets
Perform 2 Time(s) a Day



WILLIAMS FLEXION

While lying on back on a firm flat surface, bend both knees and pull them toward your chest. Grasp with both hands behind knees as pictured. For a greater stretch, grasp the front of the knees while also raising the head toward knees.

Repeat 5 Times
Hold 10 Seconds
Complete 2 Sets
Perform 2 Time(s) a Day



ANGRY CAT STRETCH

While in a crawl position, draw up your spine to arch your back.

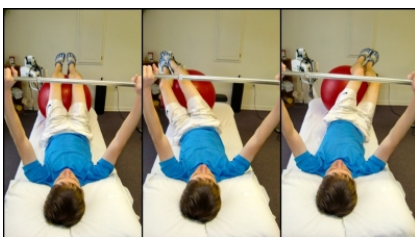
Repeat 10 Times
Hold 3 Seconds
Complete 2 Sets
Perform 2 Time(s) a Day



LOWER TRUNK ROTATIONS - LTR

Lying on your back with your knees bent, gently move your knees side-to-side.

Repeat 10 Times
Hold 3 Seconds
Complete 2 Sets
Perform 2 Time(s) a Day



Lower Trunk Rotation with ball

Place legs on ball. Place arms up toward ceiling. Gently roll the ball side to side maintaining control with the center of your body. Only go as far side to side as is comfortable, but try to go equal distance in each direction.

Repeat 20 Times
Complete 1 Set
Perform 1 Time(s) a Day



Isometric Transverse abdominal contraction

Lay on your back with your knees bent.

Place your thumbs on your stomach just inside your hip bones to feel the muscle contract.

Activate your abdominals by pulling everything in. "Try to bring your naval to your spine."

Hold this contraction for as long as possible to improve endurance.

Learn to use this muscle with daily activities such as lifting, bending, rolling.

Repeat 10 Times
Hold 10 Seconds
Complete 1 Set
Perform 5 Time(s) a Day

COMMENTS:

These exercises are perfect for gaining flexibility and beginning to add strength. Start slowly and do not create any pain...just a good stretch feeling. Some of the exercises have an attached video to make it easier to understand the movement.



LEVATOR SCAPULAE STRETCH

Place the arm on the affected side behind your back and use your other hand to draw your head downward and towards the opposite side.

You should be looking towards your opposite pocket of the affected side.

Repeat 8 Times
Hold 3 Seconds
Complete 1 Set
Perform 2 Time(s) a Day



SUBOCCIPITAL STRETCH

Gently draw your chin downward towards your chest as your fingers assist in adding a stretch to the back of your head.

Repeat 8 Times
Hold 5 Seconds
Complete 2 Sets
Perform 2 Time(s) a Day



UPPER TRAP STRETCH

Begin by retracting your head back into a chin tuck position. Next, place one hand behind your back and gently draw your head towards the opposite side with the help of your other arm.

Repeat 8 Times
Hold 5 Seconds
Complete 2 Sets
Perform 2 Time(s) a Day



ROTATIONAL STRETCH WITH OVER PRESSURE

Turn your head to one side as far as you can and then use your same-side-hand to assist in turning the head further for a gentle stretch.

Repeat 8 Times
Hold 5 Seconds
Complete 2 Sets
Perform 2 Time(s) a Day



CERVICAL CHIN TUCK - SUPINE WITH TOWEL

While lying on your back with a small rolled up towel under the curve of your neck, tuck your chin towards your chest.

Maintain contact of your head with the surface you are lying on the entire time.

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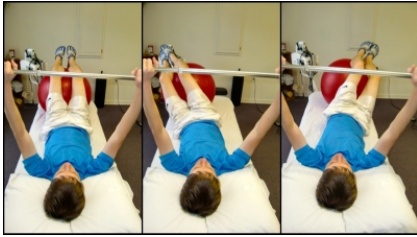




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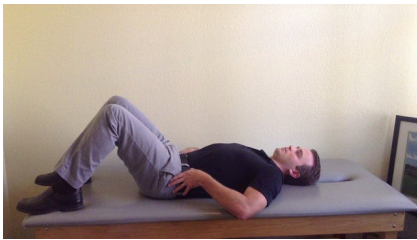
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