



**Wall Slides / Scap. Retraction**

Sitting on a stool with back against wall, arms raised overhead.  
Keeping forearms and back of hands in contact with the wall at all times, slowly slide arms down wall as you squeeze shoulder blades together.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Pectorals - Corner / Doorway**

Facing corner or standing through a doorway.  
Place forearms on each wall at shoulder height.  
Slowly lean chest forward into corner, keeping upper body tall, to feel a stretch in the front of the chest.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Cross Crawl - Standing**

Standing, bring one hand to opposite knee, meeting in the midline.  
Return to starting position and alternate.

Sets:	2-3
Reps:	10-15
Weight:	
Hold:	1-2 seconds
Rest:	
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**QL Side Bend Reach**

Standing or sitting in readiness position.  
Slowly bend to one side, without rotating, bringing one arm overhead.  
Keep hand that is above head slightly forward and always in view.  
Support upper body with opposite hand on hip. Feel a stretch in the side of the low back.

Sets:	2
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
5x week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Cat / Camel**

On hands and knees.  
Let stomach muscles relax and spine sag down.  
Suck stomach muscles up and in and arch spine up toward the ceiling like a 'mad cat'.  
Lower back down and repeat.  
Move within your pain free range of motion.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	2-3 sec
Rest:	
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Arm/Leg Raise Quadruped**

On hands and knees, maintain abdominal hollow and keep back flat. Slowly raise one arm up until parallel with floor. Keep body stable. Hold. Lower arm and then raise opposite leg up off floor. Keep buttocks tight and avoid twisting lower body. Hold, lower then repeat steps.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Half Front Plank - Knees**

Support body in a half plank position with forearms shoulder width apart and knees together. Keep a straight line through the knee, hip and shoulder. Maintain abdominal hollow.

Sets:	2-3
Reps:	3
Weight:	
Hold:	5-10 sec
Rest:	
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Plank - Toes Together**

Support body in a plank position with forearms shoulder width apart and feet together. Keep a straight line through the knee, hip and shoulder. Maintain contraction of the transverse abdominal (suck abs in against gravity) and tighten gluts (buttocks). If this is too difficult perform on your knees.

Sets:	2-3
Reps:	3
Weight:	
Hold:	5-10 sec
Rest:	
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Knee Push Ups**

From a knee push up position. Lower body down to floor. Press up to return to start position. Maintain abdominal hollow and neutral spinal alignment throughout movement.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Push Ups**

From a push up position. Lower whole body down to floor. Press up to return to start position. Maintain abdominal hollow and neutral spinal alignment throughout movement.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**1/2 Side Bridge**

Lying on one side with knees bent keeping knees, hip and shoulder in line. Support upper body on elbow, placing elbow directly under shoulder. Raise hip up off floor. Avoid rotating forward or backward.

Sets:	2-3
Reps:	10-15
Weight:	
Hold:	2-3 sec
Rest:	
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Side Bridge - Forearm**

Lying on side with legs out straight (feet staggered) keeping, hip and shoulder in line. Support upper body on forearm, placing elbow directly under shoulder. Raise hip up off floor and hold. Avoid rotating forward or backward. If this is too difficult perform on your knees.

Sets:	2-3
Reps:	10-15
Weight:	
Hold:	1-2 sec
Rest:	
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Bridge March**

Holding a bridge position, maintain pelvic tilt and abdominal hollow. Slowly raise one foot up off the floor keeping pelvis level. Lower foot back to floor and alternate.

Sets:	2-3
Reps:	5-10
Weight:	
Hold:	5-10 sec
Rest:	
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Hamstrings Supine - Belt**

Lying on back, bring one knee to chest and place a belt or scarf around foot. Straighten leg up toward ceiling using the scarf to increase the stretch and keep foot pulled back. Hold, breath, feeling a release in the back of the leg. Return to start position and repeat with opposite leg.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
5xweek	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Seated Rot. / Knee Across Chest**

Sitting tall, feet flat on floor. Cross one foot over the opposite leg, resting foot on edge of chair. Hug bent knee towards chest while turning upper body. Maintain tall posture as you turn to feel a stretch in the side of the hip and low back.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
5 x week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Fig. 4 Knee to Chest - Seated**

Sitting on floor with legs straight out in front. Bend one knee to 90°. Grasp ankle with opposite hand and guide knee and ankle to chest to feel a stretch in the buttocks and hip.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
5 x week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Seated Rows**

Sitting on floor with legs extended and tubing placed around bottom of feet. Hold tubing with palms up. Pull tubing into chest keeping elbows tight to sides. Sit tall and avoid shrugging shoulders. Slowly return to starting position. Repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60 sec
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Reverse Flies**

Standing in a half squat position. Attach tubing at chest level in front of body. Hold tubing in front of chest keeping elbows slightly bent and palms facing each other. Slowly pull tubing out and away from body, in a circular motion, squeezing through the mid back. Return to start position and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60 sec
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Active Levator**

Seated, turn head to one side and drop head forward. Rest same side hand on back of head, do not pull on head. With opposite hand, slowly alternate shrugging with reaching for the floor.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
5Xweek	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Traps - Self Traction**

Sitting tall, grasp back edge of a chair with hand of side to be stretched. Turn head toward that same side and lean head and body away to feel a stretch in the side of the neck.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
5 x week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Chin Pro / Retraction Seated**

Sitting with head positioned in neutral. Jut chin forward, then retract chin back into a chin tuck position.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Rotation C/S Isometric**

Place hand on side of head keeping head in neutral and shoulders relaxed. Gently rotate head into hand without allowing any movement of the head. Gradually build tension and hold. Repeat in at least 3 different angles.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Neck Right Lateral Concentric/Eccentric**

Bend head to left. Place right hand on head and gently push head into hand. Push into hand allowing head to win, bending head to the right through the full range of motion. Then push hand against head, allowing hand to win, until returning to start position. Repeat movement.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Neck Left Lateral Concentric/Eccentric**

Bend head to right. Place left hand on head and gently push head into hand. Push into hand allowing the head to win, bending head to the left through the full range of motion. Then push hand against head, allowing hand to win, until returning to start position. Repeat movement.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31