

Exercise / Stretch Routine

[] SHOULDER ROLLS

- * Roll shoulders **FORWARD** 10 times
- * Roll shoulders **BACKWARD** 10 times
- Repeat **TWICE** using large circles



[] RHOMBOID/SHOULDER BLADE STRETCH

- * With hands interlocked in front of your body, push forward so that your shoulder blades come forward and you feel a stretch between your shoulder blades
- Hold for **20 seconds** and repeat **TWICE**



[] CHEST BICEP STRETCH

- * Lace fingers behind back and squeeze shoulder blades together. Slowly raise and straighten arms.
- Hold for **20 seconds** and repeat **TWICE**



[] CERVICAL RANGE OF MOTION

- * Begin with head in neutral position
- * Turn to the **RIGHT** and hold for **10 seconds**, repeat on the **LEFT**
- * Tilt head towards the **RIGHT** shoulder and hold, repeat on the **LEFT**
- * Bend head forward, hold for **10 seconds** then return to starting position.
- Ensure shoulders remain level
- **REPEAT THE WHOLE PROCEDURE TWICE**

tilt

turn

forward



[] TRAPEZIUS/SHOULDER STRETCH

- * Begin with the head in the neutral position
- * With **LEFT** hand, pull head forward and to the **LEFT**, hold
- * With **RIGHT** hand, pull head forward and to the **RIGHT**, hold
(Hint: Try to pull your nose in the direction of your armpit)
- Hold each stretch for **10 seconds** and repeat **TWICE**

Routine to be repeated ___ times per day / week

[] THORACIC RANGE OF MOTION

- * With a broom stick or similar object
- * Hold stick horizontally in front of body and **TWIST** to **LEFT**, hold
- * Repeat on the **RIGHT**, hold

- * Again with stick but instead held horizontally above head
- * **TILT** arms and **BODY** to the **LEFT**, hold
- * Repeat on the **RIGHT**, hold

- *Hold each stretch for 10 seconds and repeat TWICE*

[] CORNER STRETCH

- * Standing in corner with hands at shoulder level and feet at shoulder width,
- * lean forward until a comfortable stretch is felt across the chest.

- *Hold for approx. 15 seconds, repeat TWICE*



[] THORACIC AND LUMBAR TWIST - Be Careful !

- * Stand with feet at shoulder width, approx. 30cm facing away from wall
- * **TWIST** entire upper body to the **LEFT** so that both hands can touch the wall behind, hold
- * Repeat on the **RIGHT**

- *Hold each for approx. 10 seconds, repeat TWICE*

[] SUPINE KNEE FLEXION

- * Lying on your back with knees bent
- * Pull **BOTH** knees to the chest and hold for **5 seconds**
- * Place hands by side and **ROLL** bent legs to the **LEFT**, then to the **RIGHT**,
- * Hold for **5 seconds** and *avoid twisting the upper back*

- *Repeat the whole procedure TWO - THREE times*



[] SIDELYING KNEE FLEXION

- * Lying on LHS hip, pull bent RHS knee up and across body with left hand.
- * Extend right arm horizontally to provide additional stretch ie. shoulders flat on floor
- * Repeat on the opposite side.

- *Repeat TWO - THREE times holding each stretch for 10 - 15 seconds.*



[] SITTING KNEE FLEXION

- * While sitting, cross the **RIGHT** knee on the left and pull **UP** and **ACROSS** (direction of the left shoulder) until a pulling sensation is felt in the **RIGHT** buttock
- * Repeat on the **OPPOSITE** side, holding each for 10 seconds

- *Repeat TWO - THREE times*