

10-25, 11eps
 2x day



Do not bounce or strain. Do not go beyond the point of pain.
 Do not hold your breath. Use deep breathing techniques while exercising.
 Apply ice after exercise to minimize discomfort. (ice pack, ice massage)

SHOULDER - 72
 Posterior Capsule Stretch

Gently pull on elbow with other hand until a stretch is felt in shoulder. Hold 10 seconds.



Repeat _____ times per set.
 Do _____ sets per session.
 Do _____ sessions per day.

CERVICAL SPINE - 24
 Flexibility: Corner Stretch

Standing in corner with hands at shoulder level and feet _____ in. from corner, lean forward until a comfortable stretch is felt across chest. Hold _____ seconds.



Repeat _____ times.
 Do _____ sessions per day.

CERVICAL SPINE - 23
 Flexibility: Upper Trapezius Stretch



Gently grasp side of head while reaching behind back with other hand. Tilt head away until a gentle stretch is felt.
 Hold 10 seconds. Repeat _____ times to each side.
 Do _____ sessions per day.

CERVICAL SPINE - 30
 Lower Cervical/Upper Thoracic Stretch

Clasp hands together in front with arms extended. Gently pull shoulder blades apart and bend head forward. Hold 10 seconds.



Repeat _____ times per set.
 Do _____ sets per session.
 Do _____ sessions per day.

CERVICAL SPINE - 22A
 Strengthening (Phase I): Shoulder Shrugs

Shrug shoulders up and backward. Squeezing shoulder blades together. Hold position 10 seconds.



Repeat _____ times.
 Do _____ sessions per day.

CERVICAL SPINE - 18
 Strengthening: Active Resisted Flexion

Facing forward with fingertips on forehead, bend head forward at 1/4 range. Give mild resistance.



Repeat _____ times.
 Do _____ sessions per day.

CERVICAL SPINE - 15
 Strengthening: Isometric Extension (out of neutral)

Bend head backward. Apply light pressure to back of head with fingertips and resist bending head further back.



Repeat _____ times.
 Do _____ sessions per day.

CERVICAL SPINE - 17
 Strengthening: Active Resisted Lateral Flexion

Facing forward with fingertips above ear, tilt head toward shoulder at 1/4 range. Give light resistance.



Repeat _____ times.
 Do _____ sessions per day.

Do to right only.

CERVICAL SPINE - 16
 Strengthening: Active Resisted Rotation

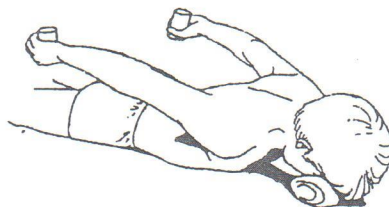
Facing forward with fingertips on temple, turn head to the side at 1/4 range. Give mild resistance.



Repeat _____ times.
 Do _____ sessions per day.

Do to right only.

SHOULDER - 65
 Progressive Resisted Exercises: Extension (prone)



Holding _____ lb weights, raise arms from floor, keeping elbows straight.
 Repeat _____ times. Do _____ sessions per day.

SHOULDER - 58
 Scapular Exercises: Stabilization in Prone



Holding _____ lb weights, raise both arms from floor. Keep elbows straight. Hold 10 seconds.
 Repeat _____ times. Do _____ sessions per day.