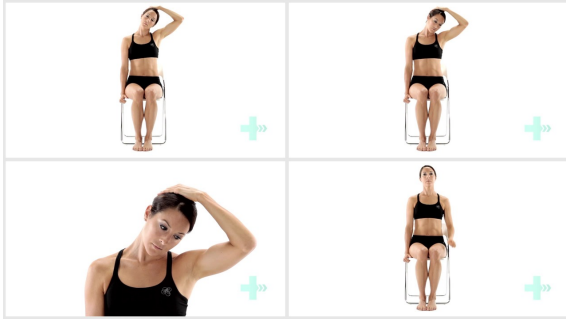


Morinville Physical Therapy
 Unit 17, 8807 100 Street
 Morinville AB, T8R 1V5

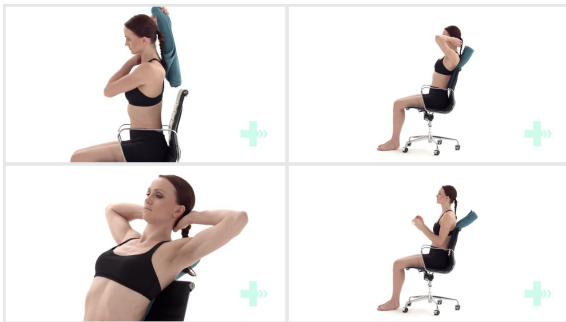
3 Sets / 5 Reps / 30 s hold



1. Cervical upper trapezius into levator scapulae stretch, in sitting; 02

Start in a seated position.
 Take you hand, place it on your head and gently pull your ear towards your shoulder and hold.
 Then angle the head looking down towards the knee and gently pull the head with comfortable tension.

1 Set / 1 Rep / 1 s hold



2. Thoracic extension in chair with towel

Start in a seated position, with your feet on the floor.
 Place a rolled up towel between the backrest and your upper spine.
 Place your hands on your neck and interlace your fingers.
 Point your elbows to the front.
 From this position, lean backwards over the towel.
 Hold this position for the required time.
 After this, you can move the towel upwards or downwards.

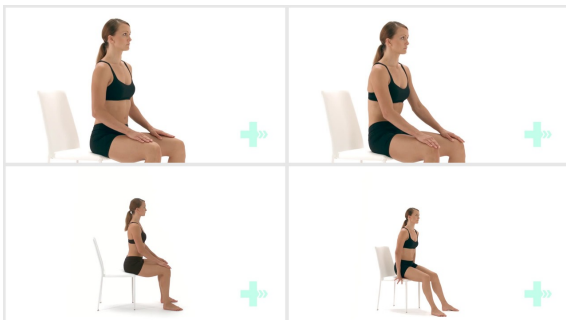
3 Sets / 10 Reps / 45 s hold



3. Trunk thoracic extension stretch over roller, arms abducted in supine; 01

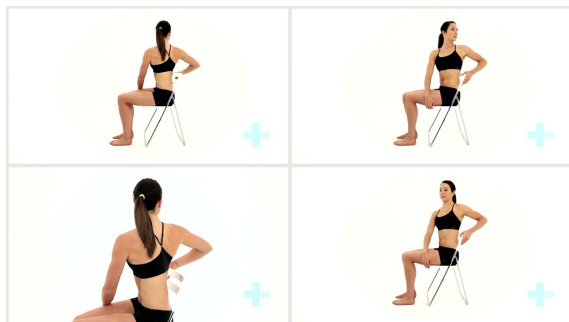
Place a foam roll on the floor.
 Lie back with the foam roll running directly down the centre of your spine.
 Reach your arms out to the sides, and bend your elbows to 90 degrees.
 Relax your forearms back towards the floor behind you, and hold this position in a stretch.

1 Set / 1 Rep



4. Sitting pelvic tilts

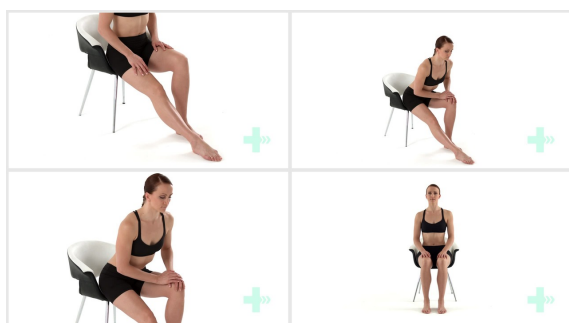
Sit upright in a chair with your weight through your seat bones.
 Move forwards so your back is away from the back of the chair.
 Separate your feet and knees and place both hands on top of your knees.
 From this position, slowly roll back slumping your weight through your tail bone.
 Your shoulders will round but keep your gaze straight ahead.
 Roll forwards again on to your sitting bones, opening up the chest and shoulders as you go.
 Repeat this cycle at a steady pace.



5. Seated trunk rotation

Sit upright in a chair and rotate your body round to one side, using your arms on the back of the chair to pull yourself round further. This should feel like a stretch through the torso.

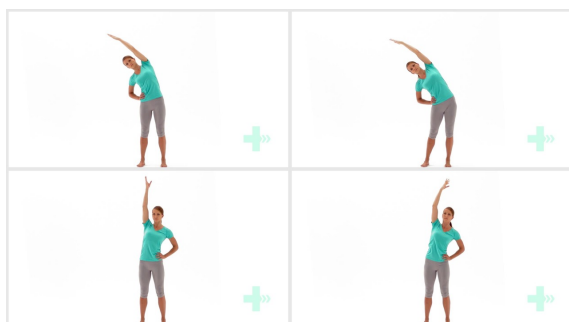
1 Set / 1 Rep / 1 s hold



6. Hip/knee hamstring stretch leaning forward, in sitting; 01

Sit in a chair. Place your affected leg out in front of you. Straighten your knee, keeping your foot on the floor. Keeping your back straight, lean forwards from your hips until you feel a stretch down the back of the thigh. Hold and then relax.

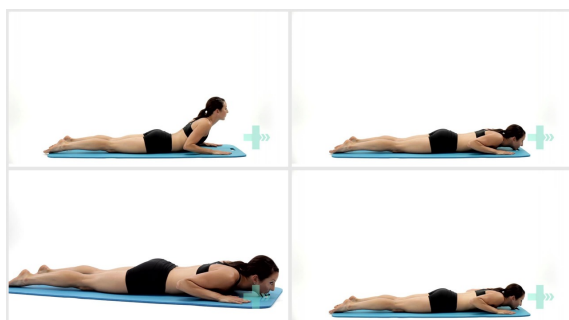
1 Set / 1 Rep / 1 s hold



7. Trunk side bending stretch with arm overhead, in standing; 01

Stand with your feet shoulder width apart and place one hand on your hip. Extend the other hand into the air, leaning over to the side while you increase the stretch by pushing your hips in the opposite direction. Hold this position before you repeat on the other side.

1 Set / 1 Rep / 1 s hold



8. Prone press up extension

Start face down on a mat. Bend the elbows and bring your hands under your shoulders. Push your upper body up into an extended position. Keep your hips and thighs on the floor at all times. Squeeze the buttock muscles throughout the duration of this exercise. Hold this position.