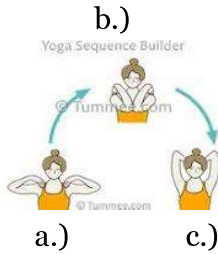




Rehab Exercises

Exercise Name	Indication/Purpose	Pictures	Positioning Tips
Lateral Bend of the Neck *YouTube ☐	Neck pain Stiffness in neck or upper back pain.	 Do this for 5 seconds on each side for 3 sets.	• Create space between your ear and shoulder by pulling your neck away with your hand gently over your ear. • Slightly drop your opposite shoulder downward. • Progression: place additional pressure with hand over ear for a more intense stretch.
Shoulder Circles *YouTube ☐	• Shoulder tension/pain • Chest tension • Stiff upper back	 3 sets of 10 going clockwise & then counterclockwise	• Place hands on shoulders • Bring elbows together touching • Make a circle both clockwise & counter clockwise.
Arm circles *YouTube ☐	• Increase mobility and blood flow to shoulder joint • Shoulder pain/weakness • Improve strength of shoulder joint	 3 sets of 10 going both directions	• Arms out straight and do small circles and then reverse the circle • Can also do very large circles, if there's no pain.
Neck Rolls ☐	• Neck pain and stiffness, in your neck or upper back • Micro posture break: take a break and do this! • Increases range of motion of your neck	 Do 2 sets of 5	• Shoulders back, loose and not elevated, all the while rolling neck into flexion, lateral flexion & extension. • Do this slowly in both a clockwise & counterclockwise motion=1 set.

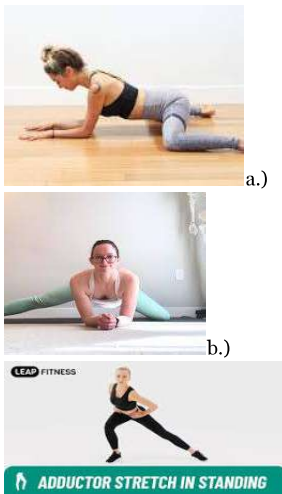
Exercise Name	Indication/Purpose	Pictures	Positioning Tips
Vertical Foam Roller/Snow Angel *YouTube ☐	- Shoulder blade mobility - Count & Swipe counting 1-8	 Complete 2 sets of 15 reps	- Your entire spine lays on foam roller, neck must be supported! - Hands face up, press into the ground. - Back of hands touch floor at all times, attempt to slide them up above head as able.
Brueggers *YouTube ☐	- Improves posture of (slouching forward) - Strengthens upper back and neck muscles - Opens up the chest and shoulders - Can reduce neck and back pain	 Do 3 sets of 8-10	- Roll back shoulders, & try to tuck them down into your back pockets. - Inhale, place hands & arms face up in front of you. - Exhale, as you pull in with elbows alongside your obliques & squeeze shoulder blades together as to hold a pen in between them. - Hold 5 sec & squeeze
Thread the Needle *YouTube ☐	- Release tension that is commonly held in the upper back and between the shoulder blades. - Mobilize the mid back, opening the shoulders, chest, arms & neck. Goal: Improve back pain and thoracic mobility.	 Goal: 3 sets of 8 reps	- Raise arm up, turn head to look at arm and then thread arm under chest and follow with eyes flowing in and out of movement - Stabilize on both knees and one wrist - This pose provides a mild twist to the upper spine.

Exercise Name	Indication/Purpose	Pictures	Positioning Tips
1. Prone Press Slides ☐	● Increase mobility of Shoulders ● Increase Blood Flow to your shoulder joint ● Engage posterior back muscles	 1.)  2.) Do 5-8 reps & repeat 3 times	1. Prone press slides- ● lay down on your stomach & head with a rolled hand towel or opposite forearm; if doing one at a time. ● Place your hand on a sliding disc or paper plate while pressing into floor. Preferably use both hands at the same time, maintain pressure on the floor start in a low GOAL POST position and slide up into a straight arm & straight elbow position drawing hands together above your head or as far as you can tolerate w/o pain, then slide hands back into bent arms down in line with shoulder. 2. Wall slides: ● standing up, lean w/back to the wall. Press forearms against the wall and slide your arms up and down.
Pelvic Rock or CAT/COW *YouTube ☐	● Flosses the Spine ● Body Awareness ● Low Back Pain ● Pregnancy	 10 reps in each position	● Cat-(chin to chest), stomach in and tight arch, inhale ● Cow- (head up), exhale, belly button toward ground ● Sacrum needs to be moving as you arch & flatten back
Hip Abduction Legs Straight ☐	● Hip stiffness ● Hip weakness ● Glute weakness	 Goal: 3 sets of 10 on each leg	● Side-lying position ● Raise leg straight up, both legs straight (can substitute ankle weights if desired. ● Flip and do the other side.

Exercise Name	Indication/Purpose	Pictures	Positioning Tips
a.) Forearm Planks ☐ b.) Side Planks ☐	- Strengthen core, and oblique muscles - Builds endurance - Low back pain	a.)  Start w/ 30- 40- 50 sec Goal: to hold for 1-2 min b.) 	(a) Neutral: neck, head, eyes look down. Low back should be flat, draw belly button to spine and finish with a kegel then hold tightly until you start to shake. ↓ (bring down one knee, if you feel you need a break) (b) Neck & hips are aligned on side plank- If needed: cross top leg in front of knee and place foot flat on ground
Dead Bug *YouTube ☐	- Low Back Pain - Core Strength	Neutral Position (a)   b.) GOAL: 3 sets 6-8 repetitions	- Arms straight up, knees bent. (image a) - Tuck navel towards spine (posterior tilt pelvis) to activate the Core. This is your neutral position (image b) <u>Exhale</u>- while you lengthen one leg parallel to the ground without resting it down. - a.) <u>Inhale</u>- as you bring legs back to tabletop (reset) and then continue to the other leg. Progression: extend leg and opposite arm at the same time and hold for 3-5 sec. Complete both legs= 1 set
Glute Bridge *YouTube ☐	- Activates & strengthens glutes - Low back pain - Squeeze glutes on bridge	  Goal: 3 sets of 10-15 reps	- Lay on back, feet planted on ground. - Move heels as close as possible to your butt. When going down barely touch the floor, don't rest and then thrust the pelvis up again. Progression: can extend one leg straight out and continue bridging, this takes extra balance

Exercise Name	Indication/Purpose	Pictures	Positioning Tips
Scorpion Stretch ☐	- Only do this if you can handle the COBRA position w/o pain. - A dynamic exercise used for: - Low back pain - Tight Hip Flexors - Strengthening the Low Back and Glutes. - This is a great warm-up/stretch before any work-out or activity	 10 repetitions on each side	- Lie face down. Eyes & face looking down to mat/surface, - Place your hands at your sides for balance (T-formation) - Keeping your shoulders as close to touching ground as possible, raise one foot up towards the sky to activate glute. - Bend the knee & bring your foot over to your other side - Tap the ground with your toes, then return the leg to the ground and repeat on the other side
Standing Hip Circles (or hip rotations) ☐	- Effective exercise for building strong flexible hips - Stabilizes/Strengthens hip joint - Can reduce hip pain - Increases hip range of motion	 (a) (b) (c) 2 sets 10 for each leg	- a.) Stand up by chair or wall, hold on if needed. - b.) Bring knee up into hip flexion. - c.) Rotate out and to the side then - d.) tap your leg straight behind you. - a.) Come back to neutral position and repeat w/ the opposite leg.
Hip Swivels ☐	- Promotes mobility in both the internal and external position - You may find one side has more movement than the other. This is completely natural and to be expected. It will improve! - Keep rotating the knees from side to side without twisting the upper body.	 Aim for 15-20 reps.	- Keep your spine neutral while seated - Sit on the floor with your hands behind your back to support your weight. - Your knees should be bent at right angles with your feet flat down in front of you. - Position your feet wider than shoulder width apart. - Lower both knees to one side letting your feet roll onto the sides. - The aim is to get both knees as close to the floor as possible without your hips coming up. - If your knees are nowhere near the floor you could move your feet slightly further away, this is meant to be challenging.

Exercise Name	Indication/Purpose	Pictures	Positioning Tips
Hip Circles/ (Hip Taps) ☐	• Hip pain • Hip instability • Strengthen small muscles/ligaments • Move hips in circular motion to increase mobility, flexibility, and strength	 Goal: 2 sets clockwise, 2 sets counterclockwise 8 of each	• Bend the bottom leg to stabilize and have less pressure on the lower hip. • Small circles clockwise (5) • & counter clockwise (5) • Progression: Tap Foot in front of & behind of your body.
Clamshell Exercise ☐	• Helps strengthen Glute/ Hip Muscle • Hip Weakness • Glute Weakness (hip pain)	 3 sets of 15-20 reps. 	• Lift upper knee away from lower knee. • Keep feet together. • Progression: Use a band around knees for resistance & keep knees bent.
In and Outs (Resistance band side steps) ☐	The focus here is to strengthen and activate the glutes. This is a perfect way to warm up and fire the glutes before a run or work-out. Strong glutes support & aid the low-back.	 Do 3 sets of 15 on each side.	• Carefully, put a band around & above your knees. • Come to standing, spread apart your legs enough to keep a good resistance on the band. • Bend your knees into a good squat form and bring your right knee to touch your left knee. • Pull your right knee back into an open leg position. • Complete on the other knee
Hip Extension With Band ☐	• Strengthen hip joint • Improve balance	 2 sets of 10 on each leg	• Stand up & hold on to something (wall, chair, table) for support while extending leg one at a time. • Progression-use band.

Exercise Name	Indication/Purpose	Pictures	Positioning Tips
Monster Walk ☐	- Helps strengthen the Glutes & supporting Hip Muscles - Supports Low back pain - Knee Pain - Glute Activation - Great for a warm-up or before a work-out.	 3 sets of 15 on each side	- Stand with your feet slightly wider than shoulder-width apart - Place a resistance band around your ankles preferable and take wide steps sideways while maintaining a slight squat position, actively pushing your knees outward with each step - Keeping tension on the band throughout the movement; essentially "walking like a crab" with your knees pushed out to the side to engage your glutes and hip muscles.
World's Greatest Stretch ☐	- Dynamic warm-up or cool down before and after exercises - Helps flexibility/ Mobility of your lower extremities	 Repeat 6-10 times on each leg	(1) Lunge, knee 90 degrees (2) Lift one hand off the ground/twist body and lift arm toward bent/flexed knee. (3) Then rock back on heel straightening leg to do hamstring stretch. (4) Stand up and lunge w/ other leg and repeat (step , lunge forward, stretch)
Hip Abduction Stretch ☐	- Tight inner thighs - Knee/ hip or groin pain - Improve flexibility, stiffness of hips - Hip opener - Not suggested for those with knee joint issues	 ADDUCTOR STRETCH IN STANDING	a.) Get on the floor, kneel into the frog position-straddling the floor with bent hips and knees (frog) with your chest and arms or forearms rested down to the floor as far as they can go. Ease into it, don't push it. Press/slide butt/hips gently back toward ankles. b.) One leg is straight out to the side. Make sure you are warm, make this movement a dynamic not static stretch.

Exercise Name	Indication/Purpose	Pictures	Positioning Tips
Foam Roller/ Self Massage/ Trigger Point Release *YouTube 	● Press into the foam roller to release tension or pain in muscles/ extremities ● (1) Shoulder pain-use foam roller under armpit & control head position, self massage tender spot, breathe thru as you pin trigger points. Pin shoulder blade to contact posterior rotator cuff muscles & the Lat muscle. ● Flow thru motion	1.) Rotator cuff shoulder & Lat muscles   2.) Upper Back-Mid Back; support your neck by holding the base of your skull. 3.) Hamstrings 	4.) Army crawl-no arching(quads)  ● Keep core straight/Control body. ● Use your feet to be your power.  5.) Lat Leg/Hip, TFL, IT Band & Glutes ● Breathe while releasing on trigger points ● Roll slowly through motion