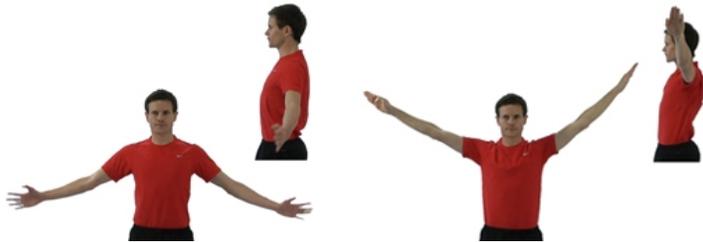


Home Exercise Program

1. Upper Extremity: Bilateral Arm Circles



- Start Position: Standing with your arms directly out to the sides with your thumbs up.
- Contract your abdominals and keep your core tight.
- Make small circles with your arms.
- Keep the elbows straight.
- Keep your body stable as your arms move.
- Repeat.

- NOTE: This exercise can be completed in standing or seated.

Sets: 2 Reps: 15

2. Cervical: Upper Trapezius Stretch



- Sit or stand tall facing forward.
- Place your right hand on top of your head so that the ends of your fingers extend toward the left ear.
- Place the left hand under your left buttocks; sitting on the hand.
- Use your right hand to pull your head gently down, as if to put your right ear to your right shoulder, until a stretch is felt on the left side of the neck.
- Hold for _ seconds and gently release over pressure and return to starting position.
- Repeat on the left side if prescribed.

- NOTE: Another good way to warm up the neck is to do neck circles

Sets: 1 Reps: 3 Hold: 20-30 sec

3. Scapula: Seated AROM Retraction



- Sit tall, facing forward with your chin tucked back and arms by your sides.
- Pull your shoulders backwards by squeezing your shoulder blades together. Feel your shoulder blades move together and downward. Your shoulders should not move upwards towards your ears.
- Return to the starting position and repeat as prescribed.

Sets: 2 Reps: 10

4. Shoulder: Standing Pectoralis and Biceps Stretch



- Stand up straight with your shoulders back and your back straight.
- Place both hands behind your back and cross your fingers.
- Raise your arms up until you feel a gentle stretch across your chest and the front of your shoulders.
- Maintain the stretch.
- Return to initial position and repeat.

- NOTE: Do not lean your body forward. Keep your back straight.

Sets: 1 Reps: 3 Hold: 15 - 20sec