

Home Exercise Program

Created by Maggie Thomas, PT Oct 24th, 2018

View at "www.my-exercise-code.com" using code: M23RDY7

Total 7



SEATED LOW BACK STRETCH

While sitting in a chair, slowly bend forward and reach your hands for the floor. Bend your trunk and head forward and down.

Repeat 1 Time
Hold 5 Seconds
Complete 1 Set
Perform 3 Time(s) a Day



SEATED LATERAL TRUNK STRETCH

While in a seated position, raise up your arm and bend to the opposite side for a stretch.

Repeat 1 Time
Hold 5 Seconds
Complete 1 Set
Perform 3 Time(s) a Day



lat stretch on table

Use the end of a table to stretch your latissimus muscle as shown in picture. You should feel a stretch at the bottom of the shoulder blade and down into side of back. Maintain a neutral head on neck position as shown in picture.

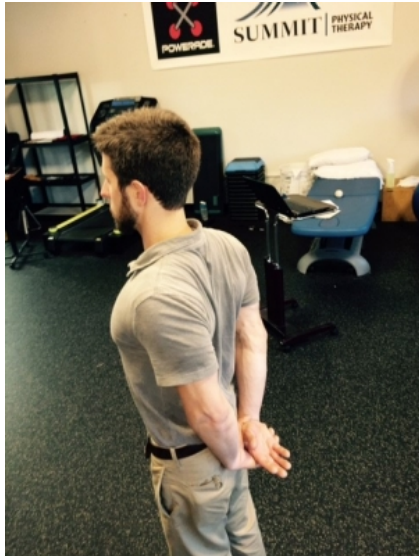
Repeat 1 Time
Hold 5 Seconds
Complete 1 Set
Perform 3 Time(s) a Day



UPPER TRUNK ROTATIONS - UTR

Cross your arms over your chest, then twist your trunk to the side.

Repeat 1 Time
Hold 5 Seconds
Complete 1 Set
Perform 3 Time(s) a Day



Pec minor stretch

While standing tall, place your hands behind your back with interlocking hands. Roll your shoulders back and squeeze your shoulder blades together to feel a moderate stretch across the front of your chest and shoulders

Repeat 1 Time
Hold 5 Seconds
Complete 1 Set
Perform 3 Time(s) a Day



Hip Flexor Stretch in Half Kneeling

Take a knee with on knee down and the other foot out in front at 90 degrees.

Draw abs in and tuck tailbone to tilt pelvis back until you feel a good stretch in front of thigh.

Repeat 1 Time
Hold 5 Seconds
Complete 1 Set
Perform 3 Time(s) a Day



Bruegger's postural exercise seated

While sitting down, wrap the band under your knees and crossing over your thighs.

Pinch the band between your thumb and first finger (so that your palms can be open).

Pull your arms into a W position trying to keep your shoulders down away from the ears.

Repeat 5 Times
Hold 5 Seconds
Complete 1 Set
Perform 1 Time(s) a Day