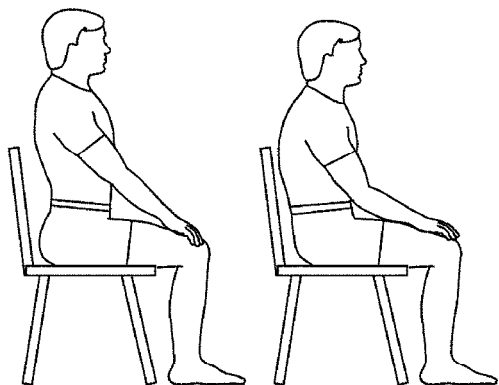


AROM lumbar ext sitting (slouch correction)



- Sit in chair with proper posture, low back slightly arched.
- Slowly slump low back, flattening low back.
- Slowly return to arch position, trying to increase the arch.
- Repeat.

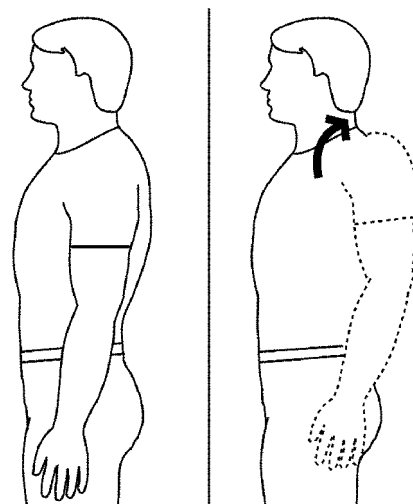
Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 20 Seconds.

AROM shld elev/retract bil (shld rolls)

- Stand or sit, raise shoulders upward toward ears, and roll backwards.
- Return to start position.

Perform 3 sets of 10 Repetitions,
once a day.



AROM lumbar ext prone (elbow press ups)



- Lie face down, elbows bent, hands beside face.
- Push up to elbows, keeping hips on floor.
- Return to start position and repeat.



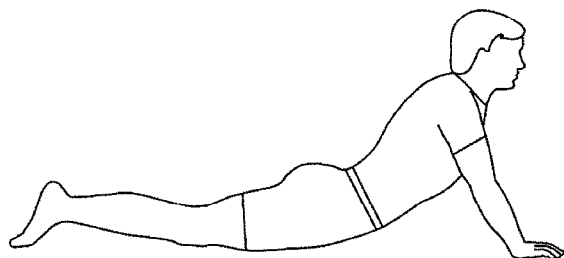
Special Instructions:

Perform at rate of one arch per second.
Progress by straightening arms, pushing up.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 5 Seconds.

AROM lumbar ext prone (full press ups)



- Lie face down, elbows bent, hands beside face.
- Push up on hands, straighten elbows, keeping hips on floor.
- Return to start position and repeat.

Special Instructions:

Stop this exercise if you start having back pain.

Perform 1 set of 10 Repetitions,
once a day.

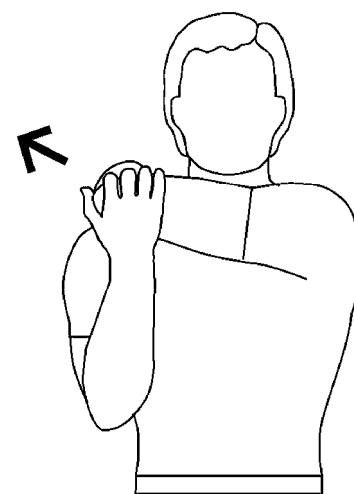
Hold exercise for 5 Seconds.

Stretch Rhomboids

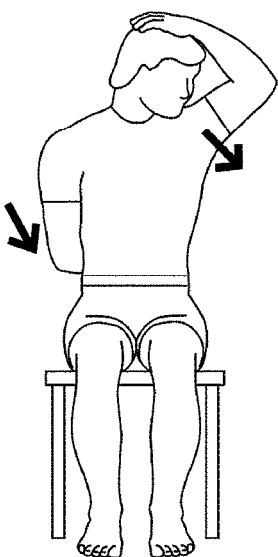
- Bring left arm across in front of body as shown.
- Hold elbow with right arm.
- Gently pull across chest until a stretch is felt in the back of shoulder.
- Repeat with other arm

Perform 1 set of 5 Repetitions,
once a day.

Hold exercise for 10 Seconds.



Stretch Levator scapulae arm behind



- Sit.
- Reach right arm behind back.
- Place left hand on top of head.
- Pull head down and to diagonally to the left, looking toward the left hip.
- Repeat to other side.

Special Instructions:

The stretch can be increased by moving the shoulder of the arm behind the back downward.

Perform 1 set of 10 Repetitions,
once a day.

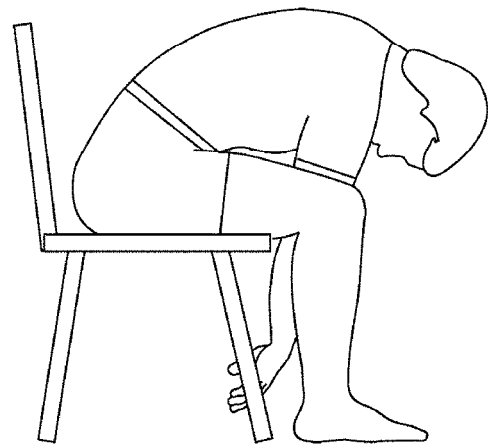
Hold exercise for 10 Seconds.

Stretch lumbar flex sit

- Sit in chair with knees apart.
- Slowly bend forward and reach between legs.
- Hold stretch and return to sitting position and repeat.

Perform 1 set of 5 Repetitions,
once a day.

Hold exercise for 10 Seconds.

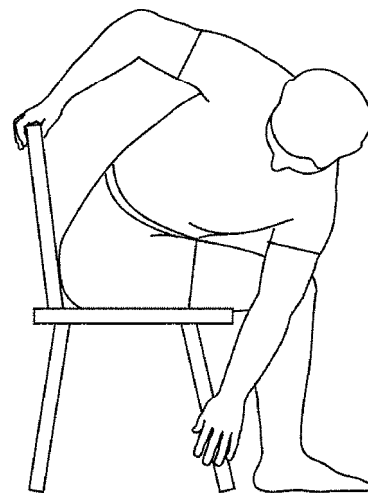


Stretch lumbar flex/rotn sit

- Sit in chair with knees close together.
- Bend forward and reach to outside of right leg with left arm.
- Hold, return to start position, and repeat to other side.

Perform 1 set of 5 Repetitions,
once a day.

Hold exercise for 10 Seconds.

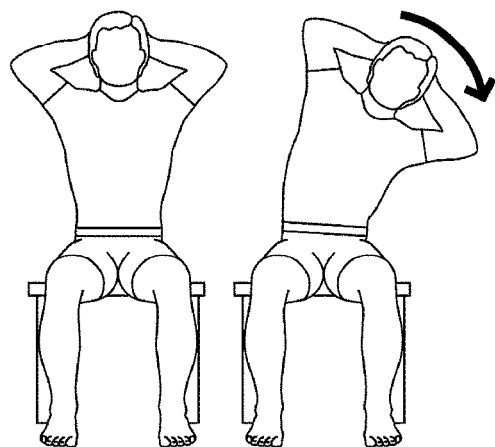


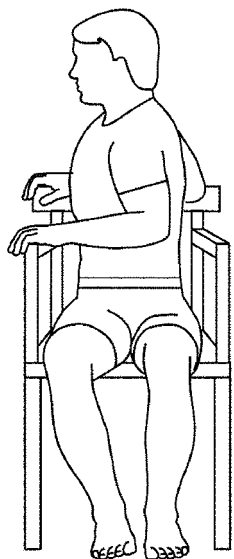
AROM thoracic sidebend

- Sit with good posture.
- Place arms behind head.
- Slowly bend to right.
- Return to upright and repeat to left.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 5 Seconds.





Stretch trunk rotn sit

- Sit in chair.
- Turns toward back of chair.
- Grasp chair and gently pull trunk further.
- Hold, and return to start position and repeat.

Special Instructions:

Maintain a normal breathing rate.

Perform 1 set of 4 Repetitions,
twice a day.

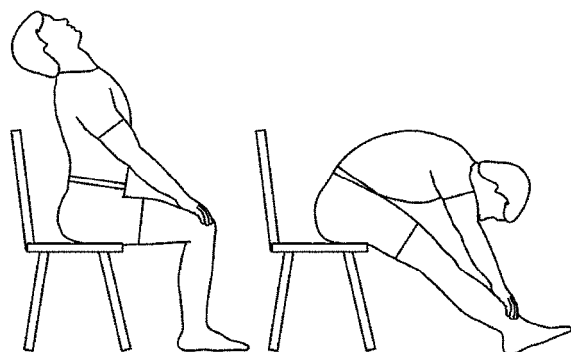
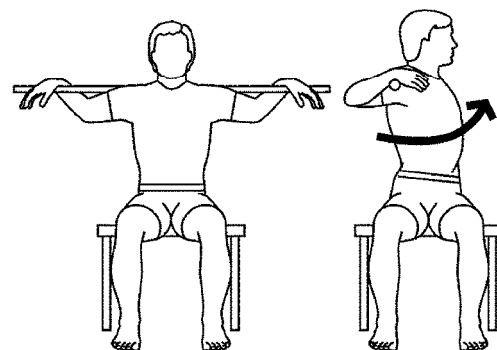
Hold exercise for 20 Seconds.
Rest 30 Seconds between sets.

AROM thoracic rotn w/cane

- Sit with good posture.
- Place cane or bat behind neck on shoulders.
- Rest arms on cane or bat.
- Look over left shoulder and twist to left.
- Return to start position and repeat to right.

Perform 1 set of 10 Repetitions,
once a day.

Use Cane.
Hold exercise for 5 Seconds.

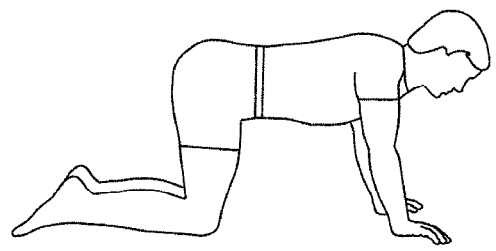


Stretch lumbar/thoracic flx (sitting cat)

- Perform while sitting.
- Arch back, tilt chin up.
- Lean forward, stretching arms to feet, rounding back.

Perform 1 set of 5 Repetitions,
once a day.

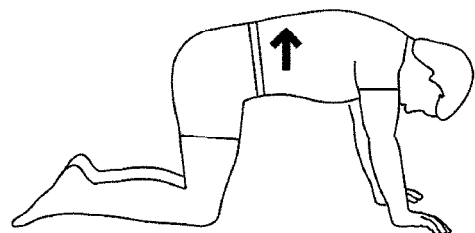
Hold exercise for 10 Seconds.



AROM lumbar flex quadruped (camel)

- Position in four point kneeling, spine in neutral, as shown.
- Gently raise back upward.
- Return to neutral and repeat.

Perform 1 set of 10 Repetitions,
once a day.



Hold exercise for 10 Seconds.

Stretch Rhomboids stand at door

- Hold onto door jamb or other rigid support with both hands.
- Keep elbows straight and lean back as shown, until a gentle stretch is felt between shoulder blades.

Perform 1 set of 5 Repetitions,
once a day.

Hold exercise for 10 Seconds.

