

Exercise: Chin Tuck (Dorsal Glides) Stretch

Area: Neck

Comment:

Movement:

1. Sit or stand with good erect posture.
2. Tuck chin forming a double chin, push crown of head toward ceiling, and hold.
3. Return to the starting position and repeat.

What to feel? Stretch at base of skull and upper neck

How many/often? 3 sets 10 repetitions 2 times per day

How much weight? 0 pounds Hold for: 5 seconds

Desired Benefits: Increase joint mobility



Exercise: Chin to Chest Stretch

Area: Neck

Comment:

Movement:

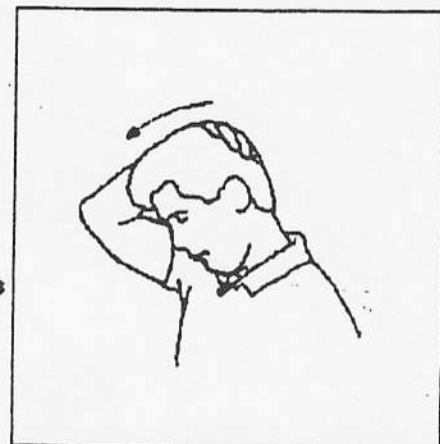
1. Sit or stand with good erect posture.
2. Slowly roll head forward bringing chin to chest.
3. Place one hand on top of head, assist stretch, and hold.
4. Return to the starting position and repeat.

What to feel? Stretch from base of skull to between shoulder blades

How many/often? 3 sets 10 repetitions 2 times per day

How much weight? 0 pounds Hold for: 5 seconds

Desired Benefits: Increase joint mobility



Exercise: Chin to Chest Stretch Right

Area: Neck

Comment:

Movement:

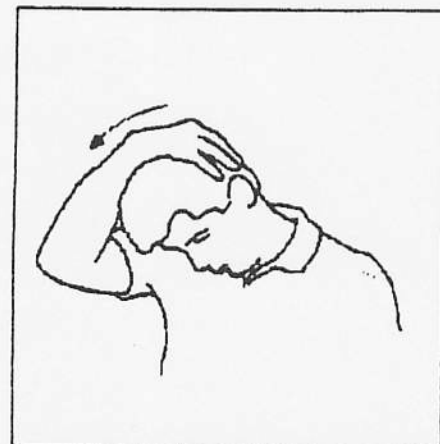
1. Sit or stand with good erect posture.
2. Turn head so chin is halfway toward right shoulder.
3. Slowly curl head forward bringing chin to right chest.
4. Place right hand on top of head, assist stretch, and hold.
5. Return to the starting position and repeat.

What to feel? Stretch between upper neck to left shoulder blade

How many/often? 3 sets 10 repetitions 2 times per day

How much weight? 0 pounds Hold for: 5 seconds

Desired Benefits: Increase joint mobility



Exercise: Chin to Chest Stretch Left

Area: Neck

Comment:

Movement:

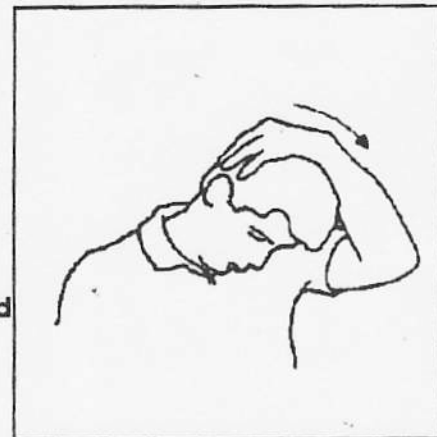
1. Sit or stand with good erect posture.
2. Turn head so chin is halfway toward left shoulder.
3. Slowly curl head forward bringing chin to left chest.
4. Place left hand on top of head, assist stretch, and hold.
5. Return to the starting position and repeat.

What to feel? Stretch between the upper neck to right shoulder blade

How many/often? 3 sets 10 repetitions 2 times per day

How much weight? 0 pounds Hold for: 5 seconds

Desired Benefits: Increase joint mobility



Exercise: Ear to Shoulder Stretch Both Sides

Area: Sides of neck

Comment:

Movement:

1. Sit or stand with good erect posture.
2. Slowly bring right ear toward right shoulder.
3. Place right hand on top of head, assist stretch and hold.
4. Return to the starting position.
5. Slowly bring left ear toward left shoulder.
6. Place left hand on top of head, assist stretch, and hold.
7. Return to the starting position and repeat.

What to feel? Stretch on both sides of neck

How many/often? 3 sets 10 repetitions 2 times per day

How much weight? 0 pounds Hold for: 5 seconds

Desired Benefits: Increase joint mobility



Exercise: Look Up Lying (Extension/Supine)

Area: Neck

Comment:

Movement:

1. Lie on stomach on firm surface with head off edge.
2. Lift head backward looking up.
3. Slowly return to starting position, relax, and repeat.

What to feel? Tightening in back of neck

How many/often? 3 sets 10 repetitions 2 times per day

How much weight? 0 pounds Hold for: 5 seconds

Desired Benefits: Increase muscle strength



Exercise: Chin Tuck (Dorsal Glides) Elastic

Area: Neck

Comment:

Movement:

1. Sit or stand with good erect posture.
2. Place elastic band around back of head.
3. Hold band with both hands in front of forehead or attach on stable object at eye level.
4. Tuck chin forming a double chin pushing crown of head toward ceiling and hold.
5. Slowly return to starting position, relax, and repeat.

What to feel? Tightening of muscles in back of neck

How many/often? 3 sets 10 repetitions 2 times per day

How much weight? 0 pounds Hold for: 5 seconds

Desired Benefits: Increase muscle strength



Exercise: Ear to Shoulder Right Elastic

Area: Neck

Comment:

Movement:

1. Sit or stand with good erect posture.
2. Place elastic band around right side of head above ear.
3. Hold band with left hand at left ear level or attach on a stable object at ear level.
4. Slowly bring right ear toward right shoulder and hold.
5. Slowly return to starting position, relax, and repeat.

What to feel? Tightening of muscles in right side of neck

How many/often? 3 sets 10 repetitions 2 times per day

How much weight? 0 pounds Hold for: 5 seconds

Desired Benefits: Increase muscle strength



Exercise: Ear to Shoulder Left Elastic

Area: Neck

Comment:

Movement:

1. Sit or stand with good erect posture.
2. Place elastic band around left side of head above ear.
3. Hold band with right hand at right ear level or attach to a stable object at ear level.
4. Slowly bring left ear toward left shoulder and hold.
5. Slowly return to starting position, relax, and repeat.

What to feel? Tightening of muscles in left side of neck

How many/often? 3 sets 10 repetitions 2 times per day

How much weight? 0 pounds Hold for: 5 seconds

Desired Benefits: Increase muscle strength



Exercise: Forward Trunk Lying Single Knee to Chest Stretch

Area: Low back

Comment:

Movement:

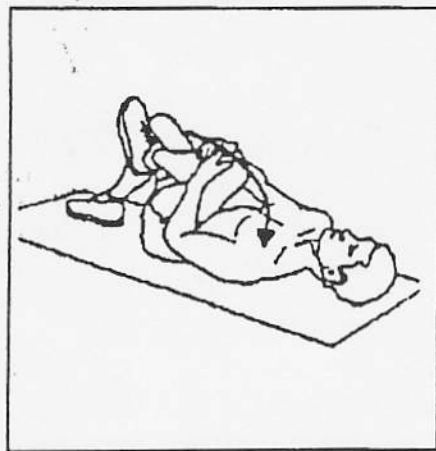
1. Lie on back on firm surface with knees bent, feet resting on surface.
2. Lift leg and grasp knee.
3. Squeeze knee toward chest/armpit and hold.
4. Return to starting position and repeat.

What to feel? Stretching in back and hip

How many/often? 3 sets 10 repetitions 2 times per day

How much weight? 0 pounds Hold for: 5 seconds

Desired Benefits: Increase joint mobility



Exercise: Forward Trunk Kneeling Prayer Position Stretch

Area: Low back

Comment:

Movement:

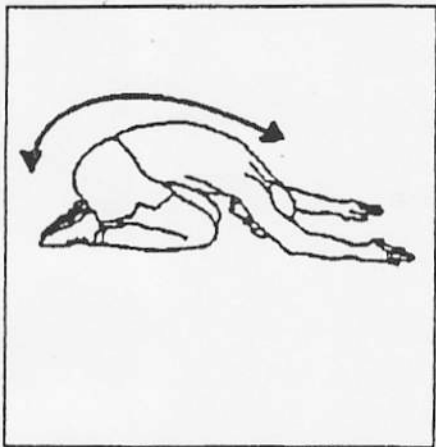
1. On firm surface kneel on hands and knees.
2. Sit back on heels and tuck chin toward chest.
3. Keep hands resting on floor and hold.
4. Slowly return to starting position and repeat.

What to feel? Stretching in lower back

How many/often? 3 sets 10 repetitions 2 times per day

How much weight? 0 pounds Hold for: 5 seconds

Desired Benefits: Increase trunk mobility



Exercise: Rotate Trunk Lying (Supine) One Leg Up Stretch

Area: Trunk

Comment:

Movement:

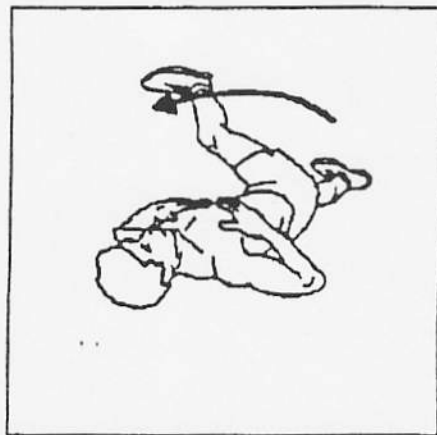
1. Lie on back on firm surface with arms extended outward and legs out straight.
2. Lift one leg keeping knee straight and bring it across body rotating at the trunk keeping arms on floor.
3. Hold stretch.
4. Return to starting position, relax, and repeat.

What to feel? Stretching of back and side of trunk

How many/often? 3 sets 10 repetitions 2 times per day

How much weight? 0 pounds Hold for: 5 seconds

Desired Benefits: Increase trunk mobility/muscle flexibility



Exercise: Forward Trunk Long Sitting with Rotation Stretch

Area: Low back

Comment:

Movement:

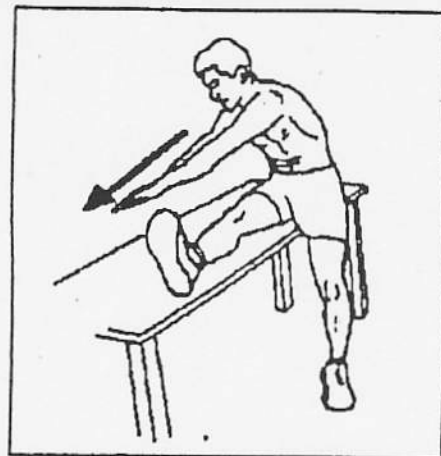
1. Long sit on edge of firm surface with one knee out straight and the other bent off edge of surface.
2. Keep knee straight throughout exercise.
3. Bend trunk forward and rotate over straight knee and hold.
4. Return to starting position and repeat.

What to feel? Stretching in low back and back of thigh

How many/often? 3 sets 10 repetitions 2 times per day

How much weight? 0 pounds Hold for: 5 seconds

Desired Benefits: Increase muscle flexibility



Exercise: Pelvic Tilt Lying Knees Bent

Area: Pelvis and low back

Comment:

Movement:

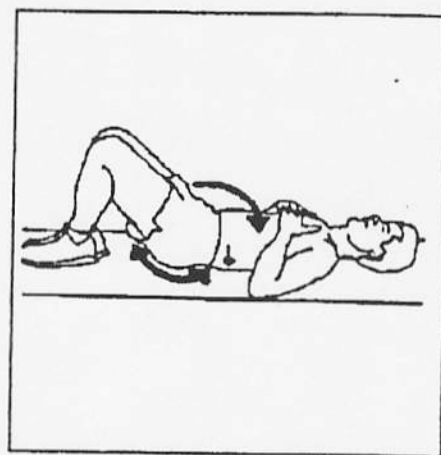
1. Lie on back on firm surface with knees bent and feet resting on surface.
2. Tighten abdominal and buttock muscles rocking pelvis backward flattening lower back against surface.
3. Hold and then relax returning to the starting position.
4. Repeat.

What to feel? Tightening about abdomen and buttocks

How many/often? 3 sets 10 repetitions 2 times per day

How much weight? 0 pounds Hold for: 5 seconds

Desired Benefits: Increase muscle strength



Exercise: Backward Trunk Lying Off Edge Leg Lifts

Area: Low back

Comment:

Movement:

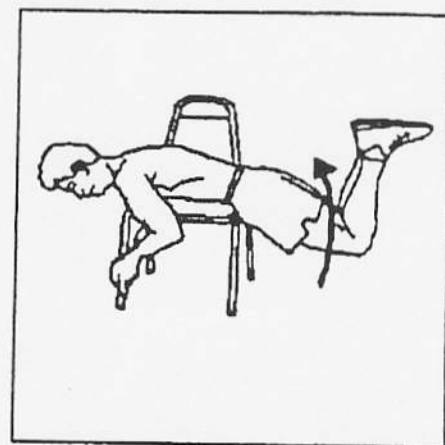
1. Place stomach on seat of chair so pelvis is off edge and grasp legs of chair with hands.
2. Keep knees bent and legs together throughout exercise.
3. Lift legs up and hold.
4. Slowly return to starting position, relax, and repeat.

What to feel? Tightening in back and buttocks

How many/often? 3 sets 10 repetitions 2 times per day

How much weight? 0 pounds Hold for: 5 seconds

Desired Benefits: Increase muscle strength



Exercise: Leg Back (Ext) Standing Hip Stretch

Area: Hip

Comment:

Movement:

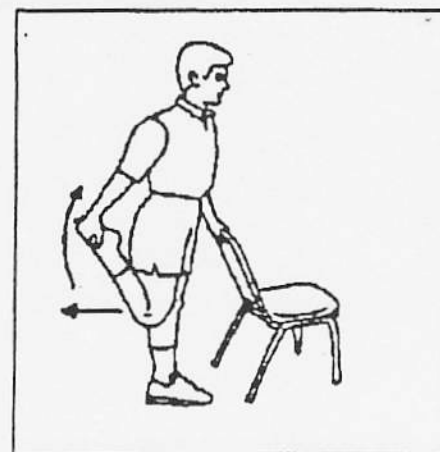
1. Stand with good erect posture next to object for balance.
2. Bend knee and grasp front of ankle with hand.
3. Do not lean trunk during exercise.
4. Pull heel of foot toward buttock and knee behind hip and hold.
5. Return to the starting position and repeat.

What to feel? Stretching/tightness in front of hip and thigh

How many/often? 3 sets 10 repetitions 2 times per day

How much weight? 0 pounds Hold for: 5 seconds

Desired Benefits: Increase joint mobility



Exercise: Leg Out (Add) Indian Sitting Stretch

Area: Hip

Comment:

Movement:

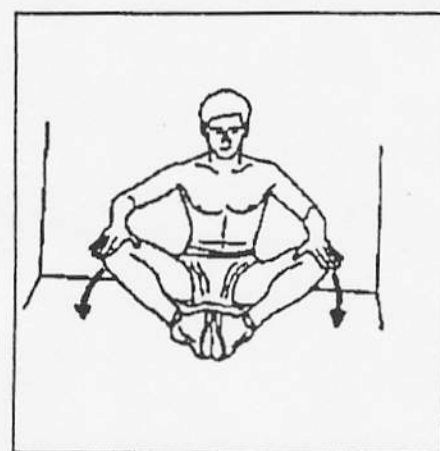
1. Long sit on firm surface, bend hip and knees bringing bottom of feet together.
2. Push knees toward surface keeping feet together and hold.
3. Relax and repeat.

What to feel? Stretching/tightness of inside of hip and thigh

How many/often? 3 sets 10 repetitions 2 times per day

How much weight? 0 pounds Hold for: 5 seconds

Desired Benefits: Increase joint mobility



Exercise: Rotate Leg Out (Ext Rot) Sitting Stretch

Area: Hip

Comment:

Movement:

1. Sit with good erect posture and cross leg across UNINVOLVED thigh.
2. Keep ankle supported on UNINVOLVED thigh throughout exercise.
3. Push knee down toward ground and hold.
4. Slowly relax and repeat.

What to feel? Stretching about hip

How many/often? 3 sets 10 repetitions 2 times per day

How much weight? 0 pounds Hold for: 5 seconds

Desired Benefits: Increase joint mobility



Exercise: Rotate Leg in Lying (Int RoyProns) Weight Stretch

Area: Hip

Comment:

Movement:

1. Lie on stomach on firm surface with weight around ankle.
 2. Bend knee to 90 degrees.
 3. Keep knee bent and thigh supported throughout exercise.
 4. Rotate leg moving foot outward and hold.
 5. Return to the starting position, relax, and repeat.
- What to feel? Stretching about hip
- How many/often? 3 sets 10 repetitions 2 times per day
- How much weight? 0 pounds Hold for: 5 seconds
- Desired Benefits: Increase joint mobility

