

YTWL Scapular Depression



- Stand with your straight arms raised above your head in a "Y" position. Squeeze your shoulder blades together and downward throughout the following sequence of movements. Lower your straightened arms to shoulder level, into a "T" position. Next bend your elbows so that your fingers are pointing straight up while slightly lowering your elbows to make a "W". Finally, while keeping your elbows bent 90 degrees, lower your arms to your sides so that your elbows are touching your ribs to form an "L" on each side and squeeze. Hold each position for 1-2 seconds and repeat 3 sets of 10 repetitions, twice per day or as directed.

Frequency: _____

Levator Stretch



- While sitting, grasp the seat of your chair with your left hand. Rotate your head toward the right and look downward toward the floor. Place your right hand over the top of your head and gently pull down and diagonally in the direction you are looking. Against the resistance of your hand, contract your neck in an attempt to push your head backward/diagonally from the direction you are looking for seven seconds. Relax and gently pull your head further toward the floor to increase the stretch. Lock into this new position, and make sure that you continue to keep your head rotated in the direction that you are pulling. Perform three contract/relax cycles on each side twice per day or as directed.

Frequency: _____

Trapezius Stretch



- While sitting or standing, reach down with your right arm, grasping your thigh or the bottom of a chair for stability. While looking straight ahead, place your left hand on top of your head, and gently pull your head sideways toward the left. Against the resistance of your arms, attempt to bring your right ear and right shoulder together for seven seconds. Relax and stretch further toward the left. "Lock in" to each new position, and do not allow any slack. Repeat three contract/relax cycles on each side twice per day or as directed.

Frequency: _____

Corner Pectoral Stretch



- Begin standing, facing a corner with your palms on the walls above head level. Step toward the corner and "lean in" to stretch your chest muscles. Against the resistance of the wall, attempt to push your hands into the wall and toward each other for 7 seconds. Relax and "lean in" to increase the stretch. Lock into this new position and repeat 3 contract/relax cycles, twice per day or as directed.

Frequency: _____

Patient Name: _____

Date: _____

Deep Neck Flexion



- Lie on your back, with your head supported. Perform a "chin tuck" by retracting your head to create a double chin. Lift your head, bringing chin toward your chest without lifting shoulders- as though you are looking at your toes. Hold this position for 3-4 seconds. Lower your head and relax. Keep your teeth apart during exercise to decrease straining at the jaw. Perform 1 set of 10 repetitions three times a day.

Frequency: _____

Low Row



- Attach the center of an elastic exercise band to a doorknob or other sturdy object in front of you. Grasp one end of the band in each hand and with straight arms at your side, stretch the band backwards. Keep your palms facing backward and arms pointed straight down throughout the exercise. Return to neutral and repeat 3 sets of 10 repetitions daily, or as directed.

Frequency: _____

Brugger with Band



- Begin sitting or standing with an elastic exercise band wrapped and secured around your palms. Begin with your arms at your side, elbows bent, forearm's pointing forward. Move your hands apart from each other to maximally stretch the band while simultaneously rotating your palms out, straightening your arms, and pinching your shoulder blades together as your hands move behind your hips. Return to the start position and repeat 3 sets of 10 repetitions daily, or as directed.

Frequency: _____

Cervical Retraction



- Sit or stand looking forward with good posture. Tuck your chin to create a double chin. Hold this position for 3-5 seconds. Return to the starting position. Focus your vision on a spot on the wall to avoid neck flexion or extension. To progress, place a finger on your chin, and apply backwards pressure at end range. Imagine that your head is on drawer slides. Keep your mouth closed. Perform 1 set of 10 repetitions every hour. Alternately, this exercise may be performed standing with your back against a wall. Your buttocks and shoulder blades should be in contact with the wall. Tuck your chin to make a "double chin" until the base of your skull contacts the wall, relax and repeat as directed.

Frequency: _____