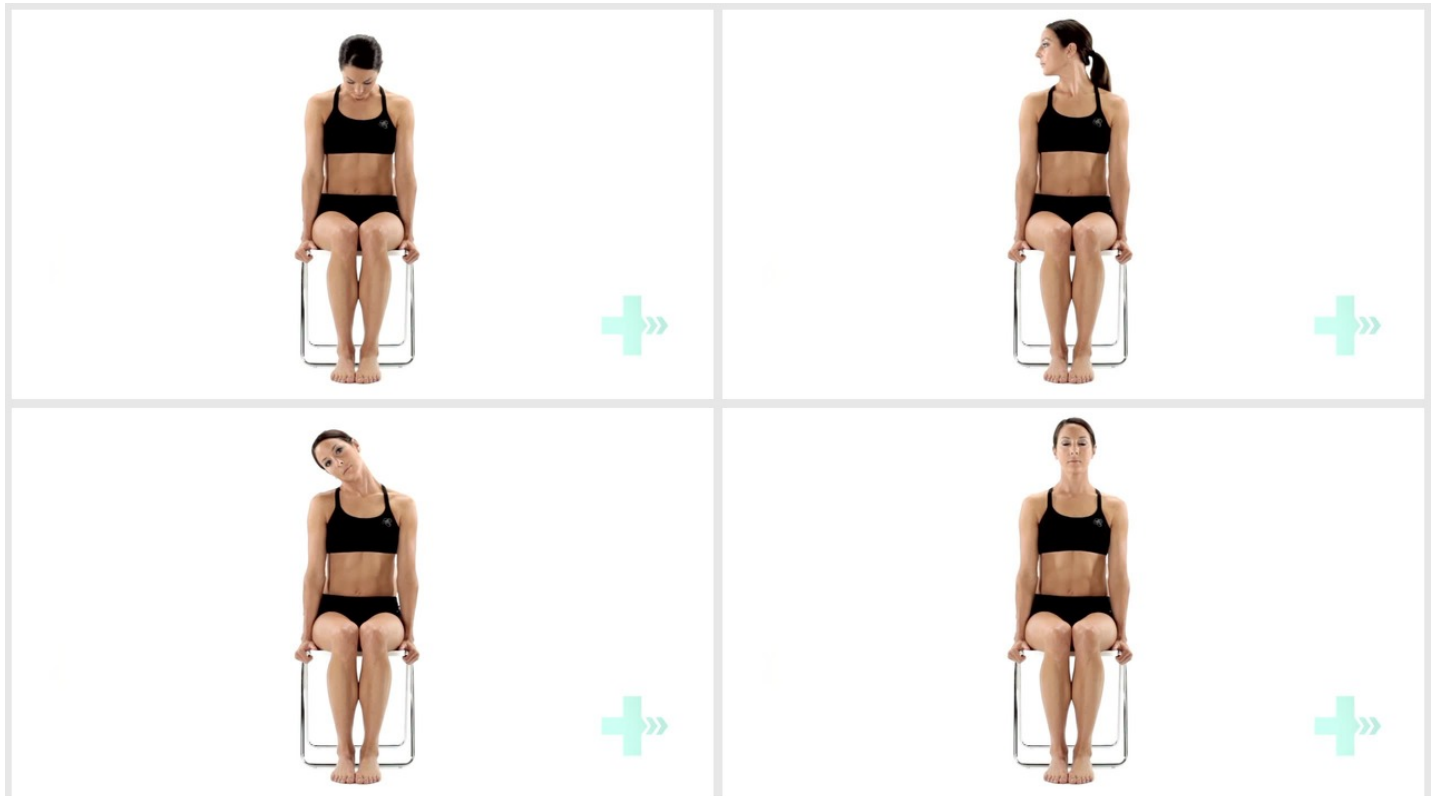


Dr. Jason Hagman - (973) 564-7676
Springfield Chiropractic Center
454 Morris Ave.
Springfield, NJ, 07081

1. Cervical AROM series - 1) Flexion/extension 2) Rotation 3) Side bending, sitting; 01

1 Set / 2 Reps



Start in a seated position looking straight forward.

Look down towards the floor, look up towards the ceiling.

Look over your right shoulder, look over the left shoulder.

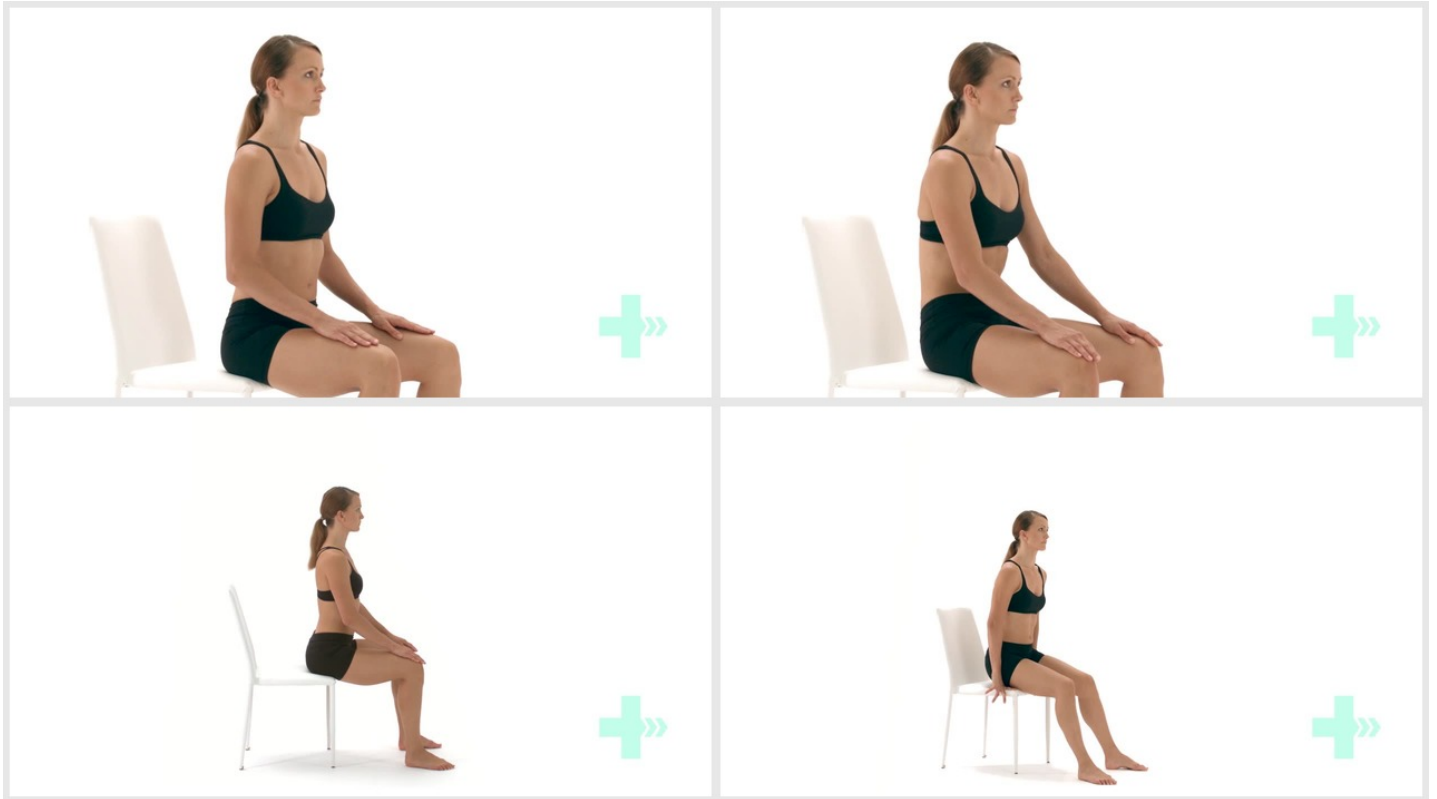
Take your right ear to your right shoulder, take your left ear to your left shoulder.

Keep your shoulders down at all times.

Perform the stretch slowly.

2. "Pelvic tilting" Lumbar/thoracic flexion/extension ROM, sitting

1 Set / 10 Reps



Sit upright in a chair with your weight through your seat bones.

Move forwards so your back is away from the back of the chair.

Separate your feet and knees and place both hands on top of your knees.

From this position, slowly roll back slumping your weight through your tail bone.

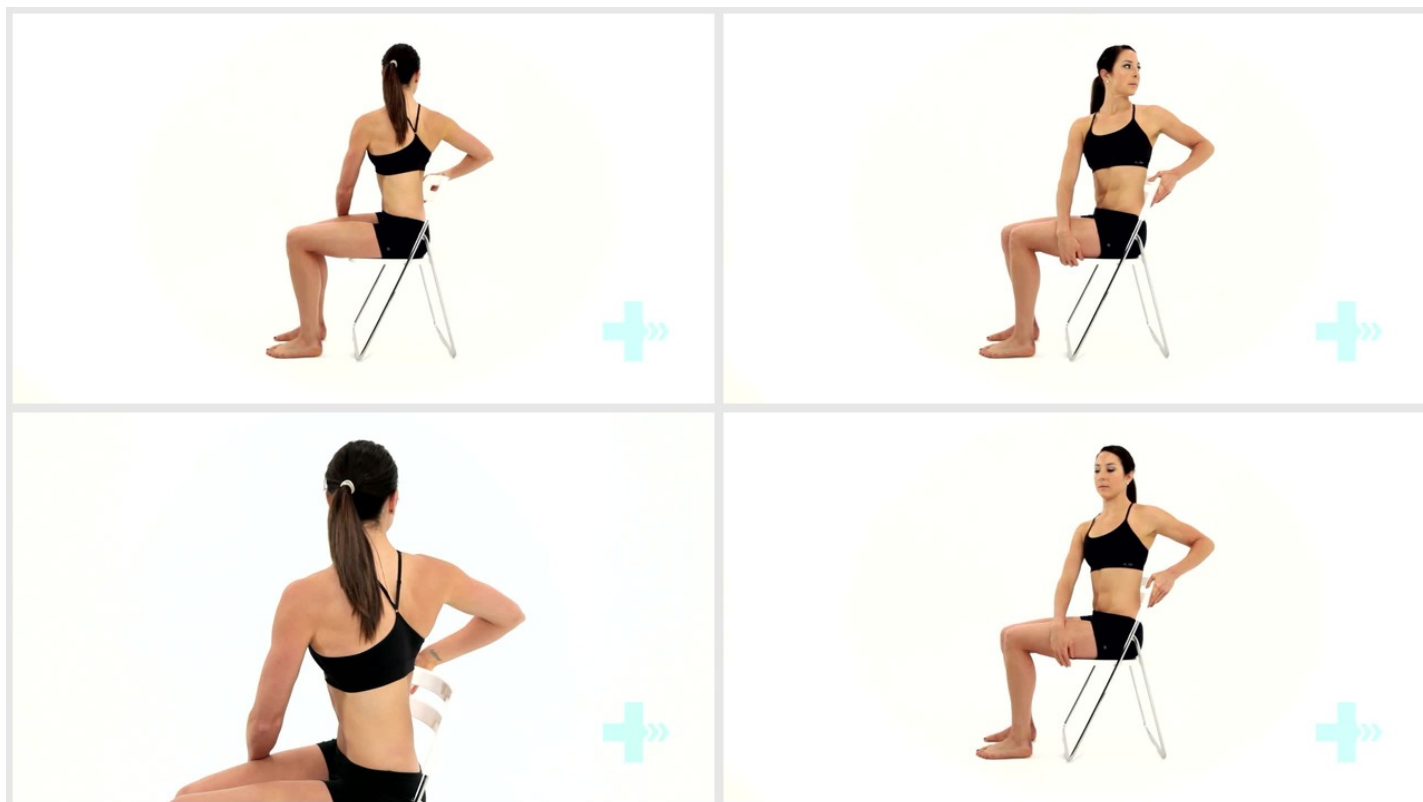
Your shoulders will round but keep your gaze straight ahead.

Roll forwards again on to your sitting bones, opening up the chest and shoulders as you go.

Repeat this cycle at a steady pace.

3. Upper trunk rotation AROM, end range assisted, sitting; 01

1 Set / 1 Rep / 10 s hold

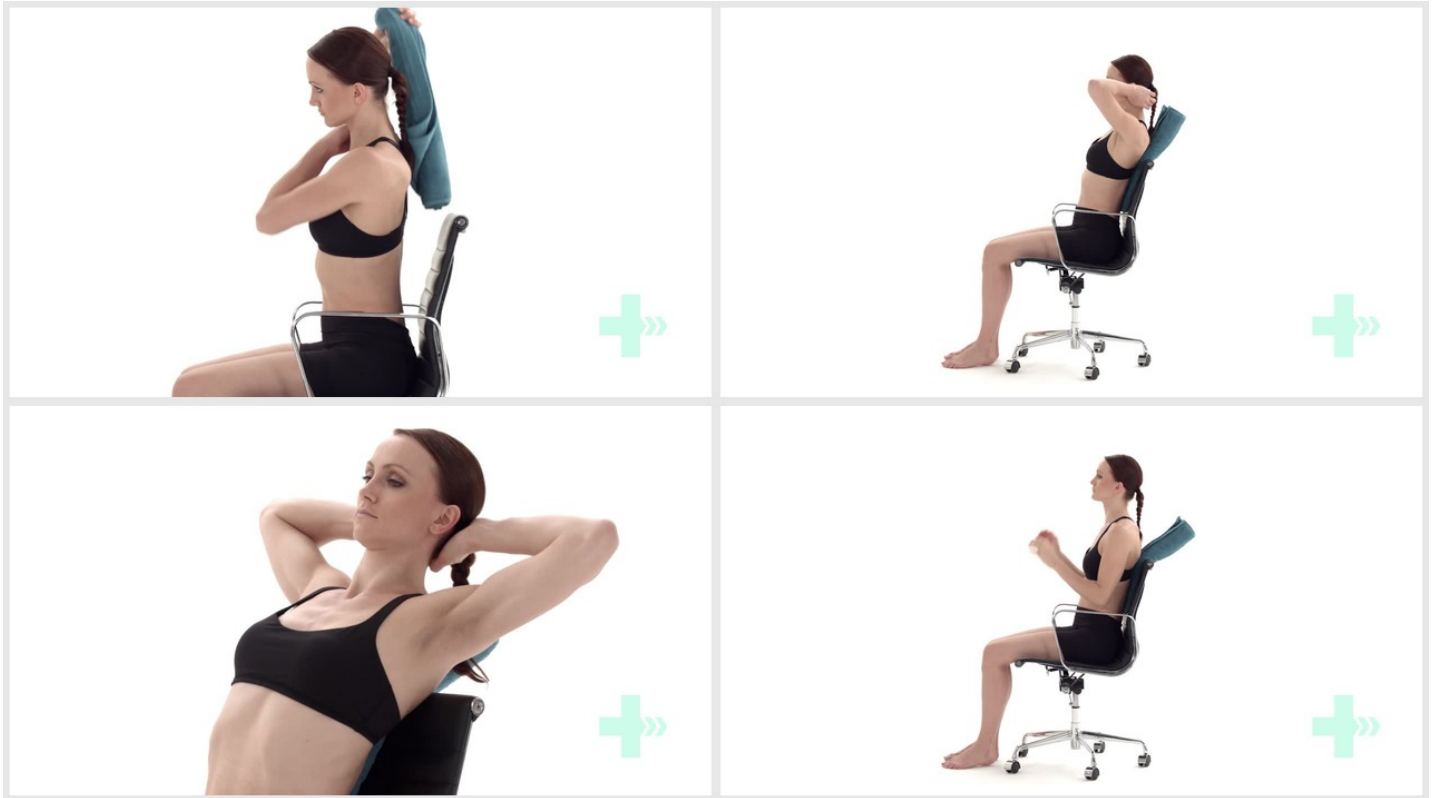


Sit upright in a chair and rotate your body round to one side, using your arms on the back of the chair to pull yourself round further.

This should feel like a stretch through the torso.

4. Thoracic extension stretch, over back of sturdy chair, hands behind head; 01

1 Set / 1 Rep / 10 s hold



Start in a seated position, with your feet on the floor.

Place a rolled up towel between the backrest and your upper spine.

Place your hands on your neck and interlace your fingers.

Point your elbows to the front.

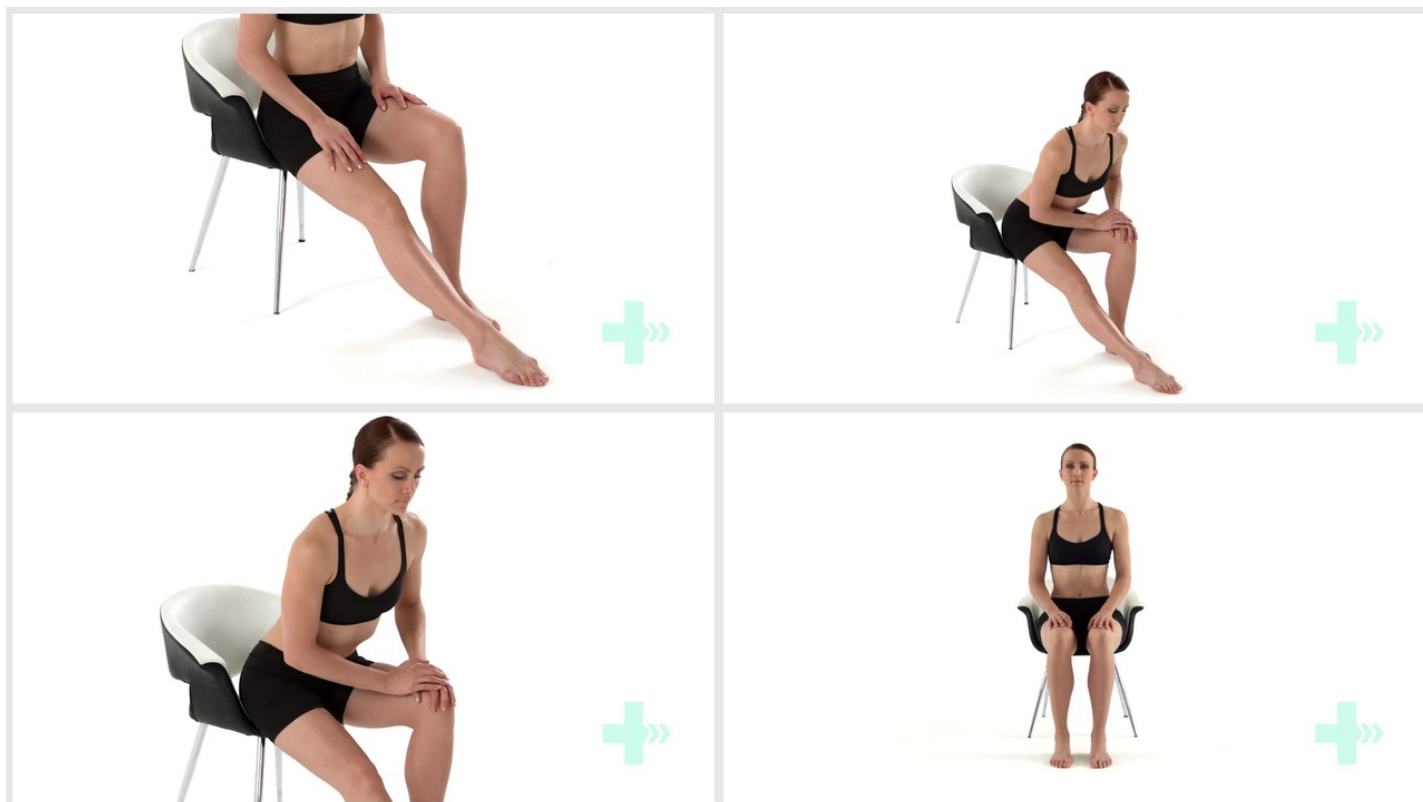
From this position, lean backwards over the towel.

Hold this position for the required time.

After this, you can move the towel upwards or downwards.

5. Hamstring stretch, sitting; 01

1 Set / 1 Rep / 15 s hold



Sit in a chair.

Place your affected leg out in front of you.

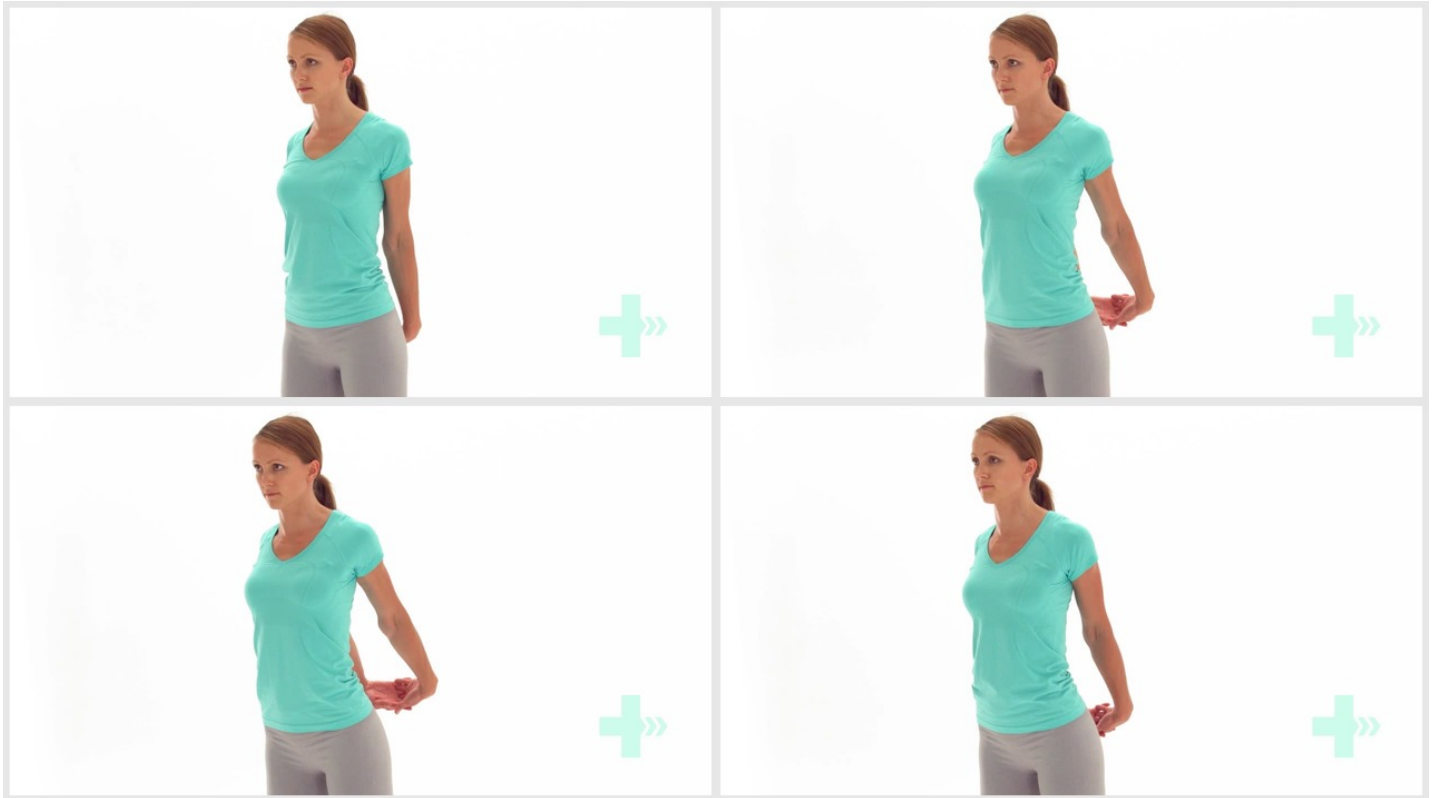
Straighten your knee, keeping your foot on the floor.

Keeping your back straight, lean forwards from your hips until you feel a stretch down the back of the thigh.

Hold and then relax.

6. Chest/shoulder/thoracic stretch, lifting interlaced hands behind, standing; 01

1 Set / 1 Rep / 15 s hold

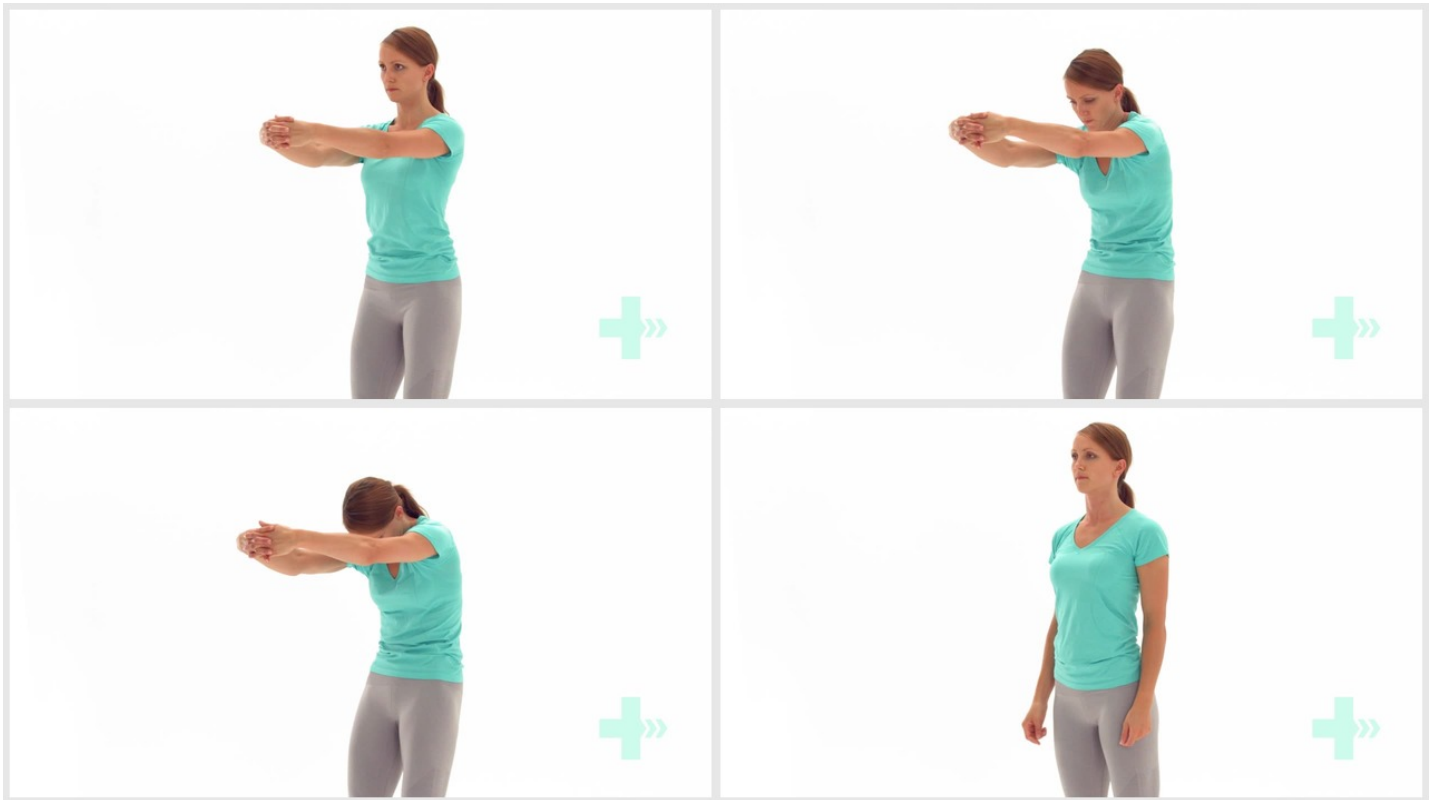


Lock your hands together behind your back and push your hands backwards, whilst pushing your chest forwards.

Roll your shoulders back and down as you feel the stretch over the front of your chest and shoulders.

7. Rhomboids/middle trapezius stretch, hands interlaced forward, standing; 01

1 Set / 1 Rep / 15 s hold



Clasp your hands together and hold them in front of your body.

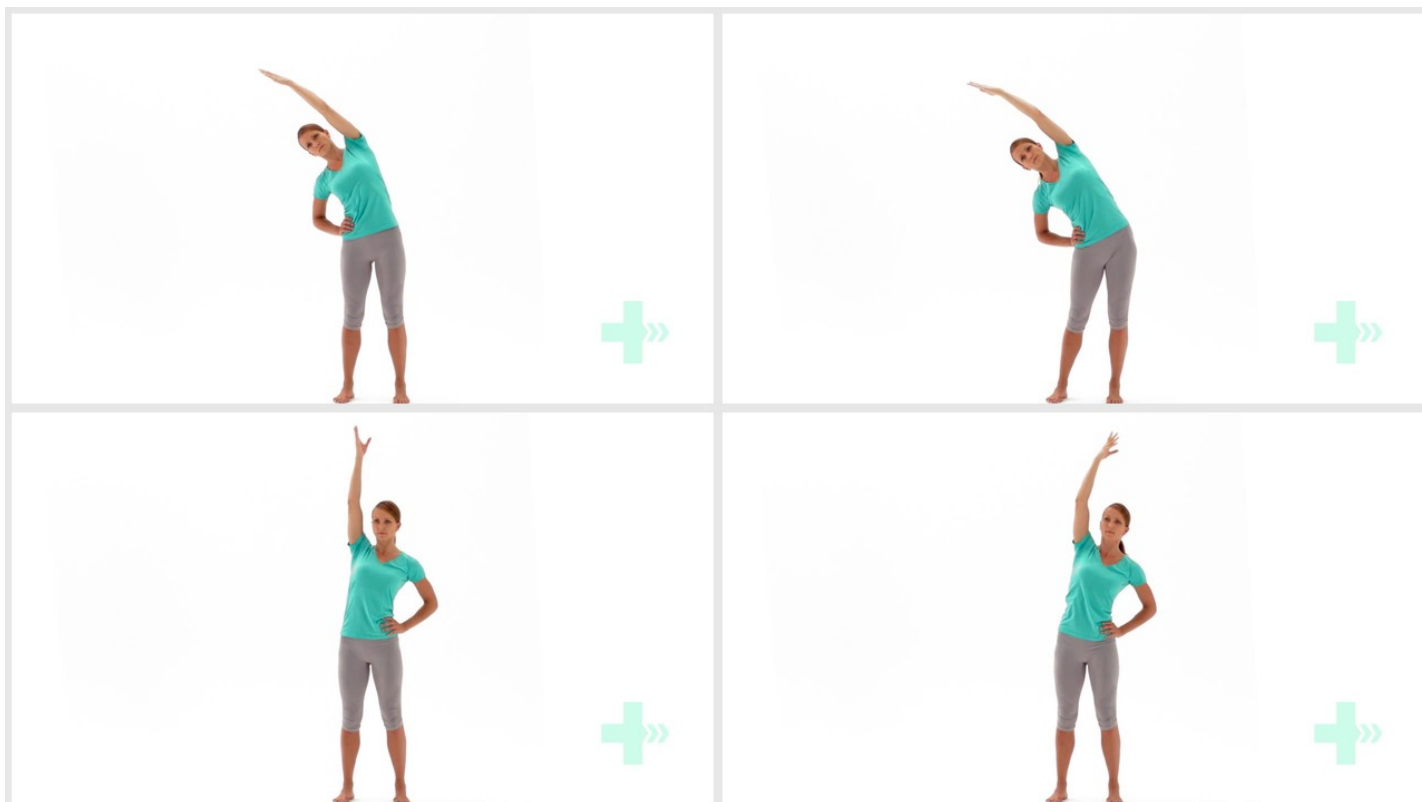
Push your arms as far forward as you can whilst rounding your shoulder blades.

Gently drop your chin down to your chest.

Hold this position while you feel a stretch between your shoulder blades.

8. Trunk side bending stretch, arm overhead (alternate), standing

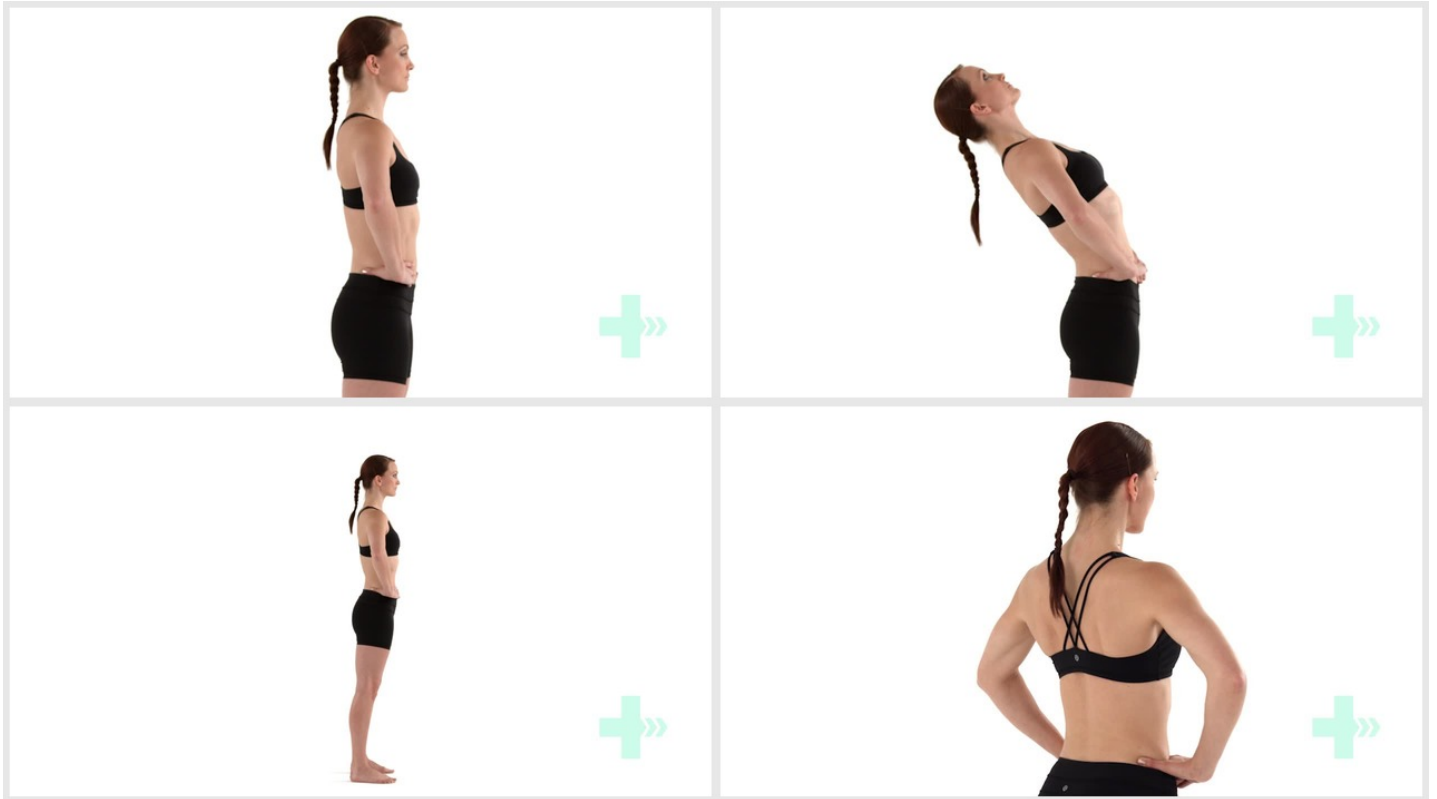
1 Set / 2 Reps / 10 s hold



Stand with your feet shoulder width apart and place one hand on your hip. Extend the other hand into the air, leaning over to the side while you increase the stretch by pushing your hips in the opposite direction. Hold this position before you repeat on the other side.

9. Trunk extension AROM, hands on waist, standing; 01

1 Set / 2 Reps / 10 s hold



Stand with your legs at hip width apart and straight.

Place your hands on your hips.

Lean your body backwards, trying to arch in the lower back as much as you can, lifting your chest up towards the ceiling.

Try to avoid allowing your hips to swing forwards too far.

Hold this position before returning to the start position.

10. Wrist figure 8 AROM, hands interlaced, standing; 01

1 Set / 5 Reps



Clasp your hands together and start with your elbows bent.

Roll your wrists in figures of "8".

Progress to straightening your arms out, and turning allowing the whole arms and hands to move.