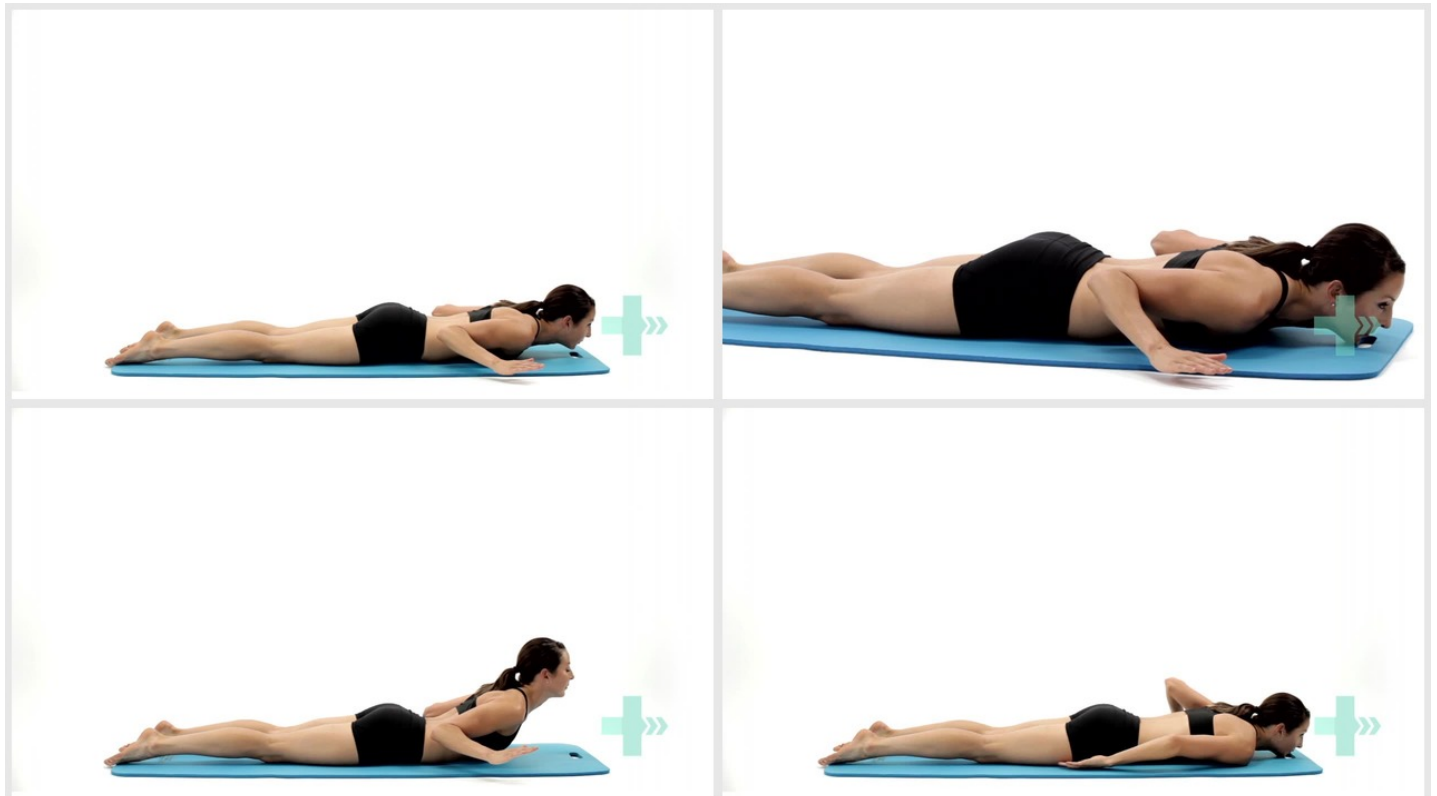


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1. Trunk extension/scapular retraction strengthening, arms in W position, prone; 01

3 Sets / 15 Reps



Lie on your front with your hands by your shoulders and your elbows by your side.

Squeeze your shoulder blades together so your elbows are close to your side, and your hands are off the floor.

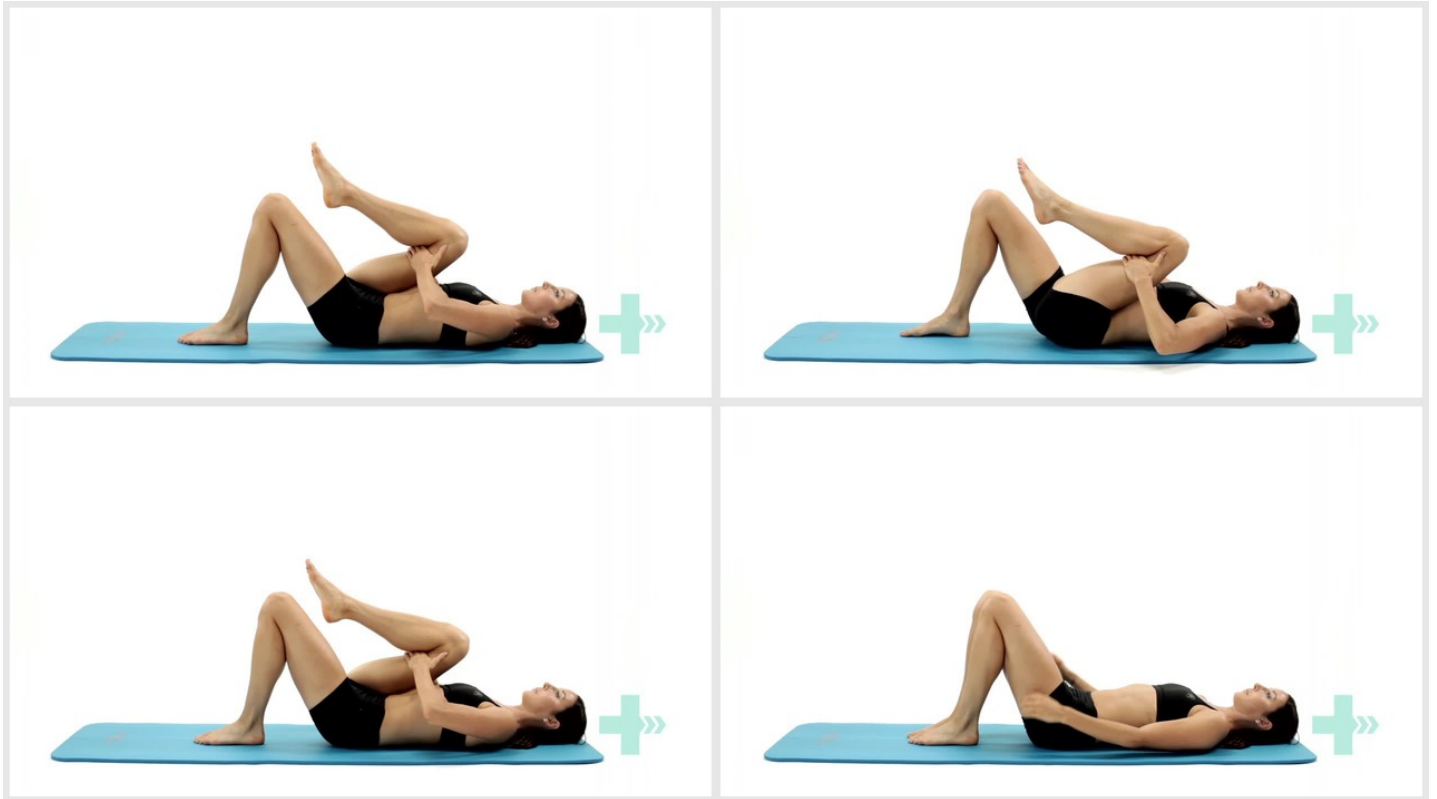
Arch your back so your torso comes off the floor.

Maintain your shoulder blades in a squeezed position throughout the duration of the exercise while keeping the buttock muscles tight.

Your lower body remains in contact with the floor.

2. Hip flexion AAROM end range, supine

3 Sets / 10 Reps / 3 s hold



Bend your knees so that the feet are flat on the floor.

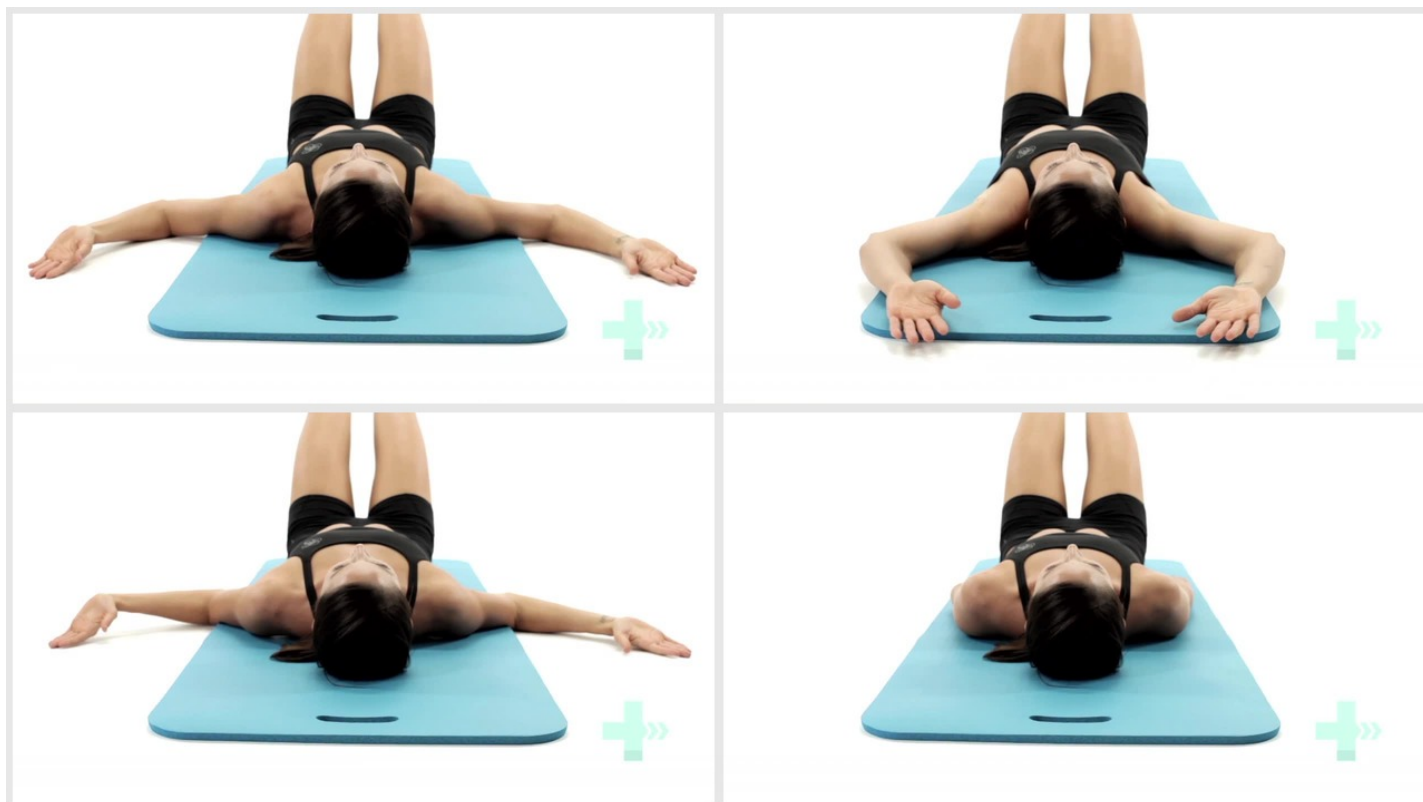
Reach underneath your knee and pull the knee in towards your chest as far as you can go comfortably.

Ensure you grab behind the thigh and not on top of the knee to avoid compressing the knee joint.

Hold this position.

3. Shoulder external rotation AROM, sliding arms overhead, supine

3 Sets / 15 Reps



Lay down on your back, with your knees bent and feet flat on the floor.

Take your arms out to the side and bend your elbows to 90 degrees.

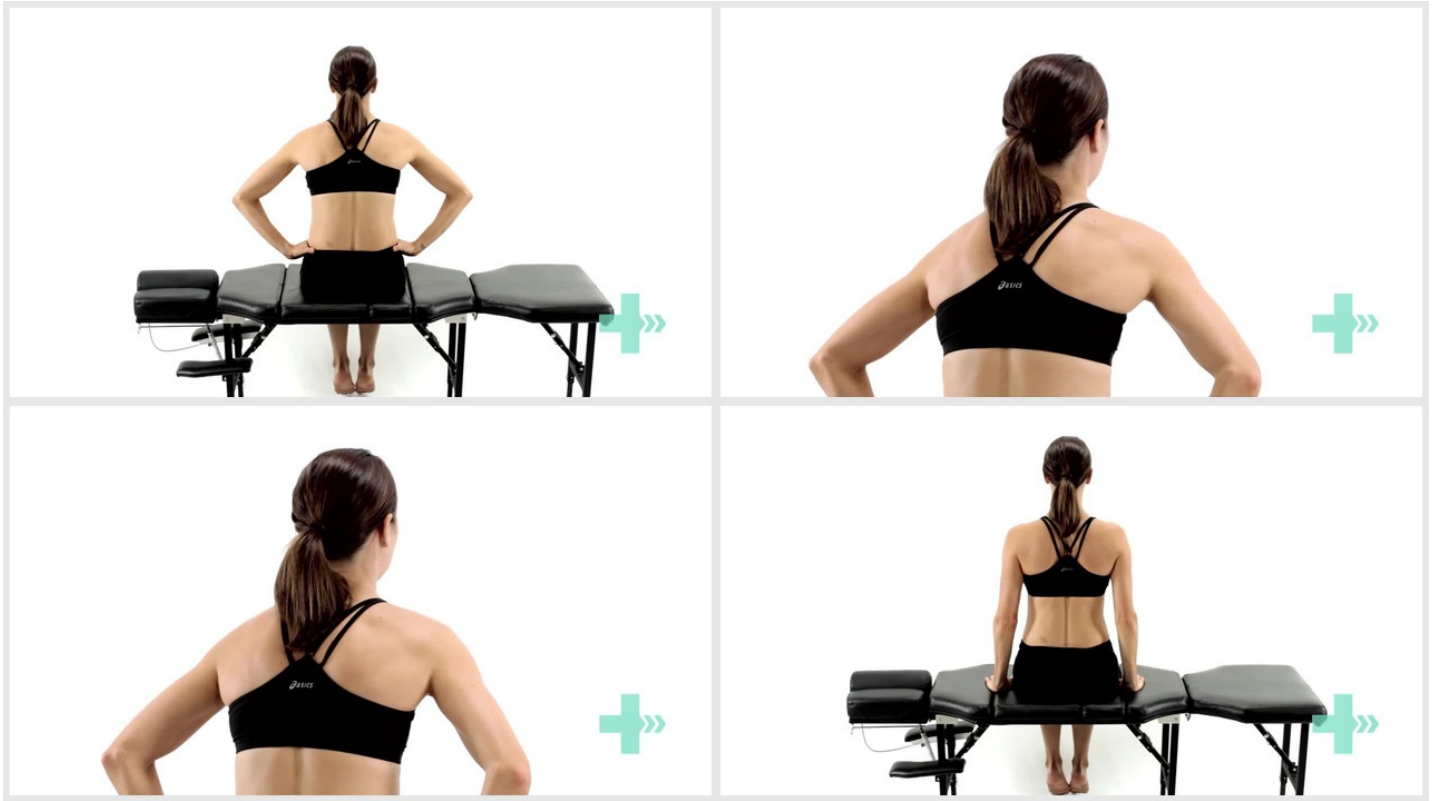
Try to lie your forearms on the mat, or as close to it as you can.

Bring your elbows down toward your side, then slide your arms up as high as you can over your head, keeping in contact with the floor at all times.

Your elbows should stay at 90 degrees throughout the movement.

4. Scapular retraction/depression strengthening, hands on waist, sitting on table

3 Sets / 15 Reps / 2 s hold



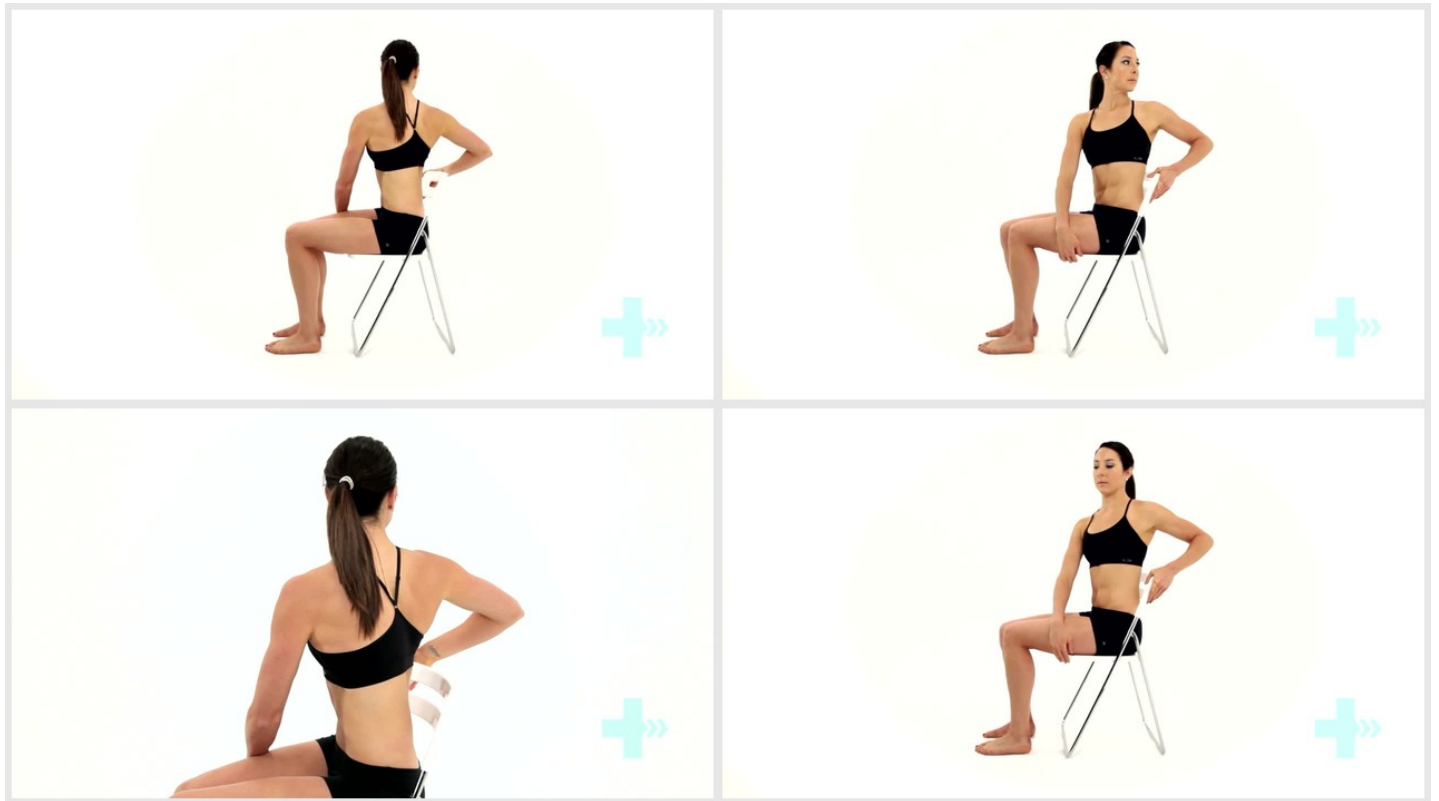
Start in a seated position and place your hands on your hips.

Let your shoulders fall forward by rounding the upper back, then squeeze your shoulder blades together, drawing them back and down as your elbows come out and back.

Keep your shoulders pressed down and away from the ears at all times.

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

3 Sets / 6 Reps / 5 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.

6. Thoracic extension/pectoralis stretch, over towel, arms abducted 90°, supine; 01

2 Sets / 3 Reps / 3 min duration



Roll up a towel and place it on the floor across the area you will lie on.

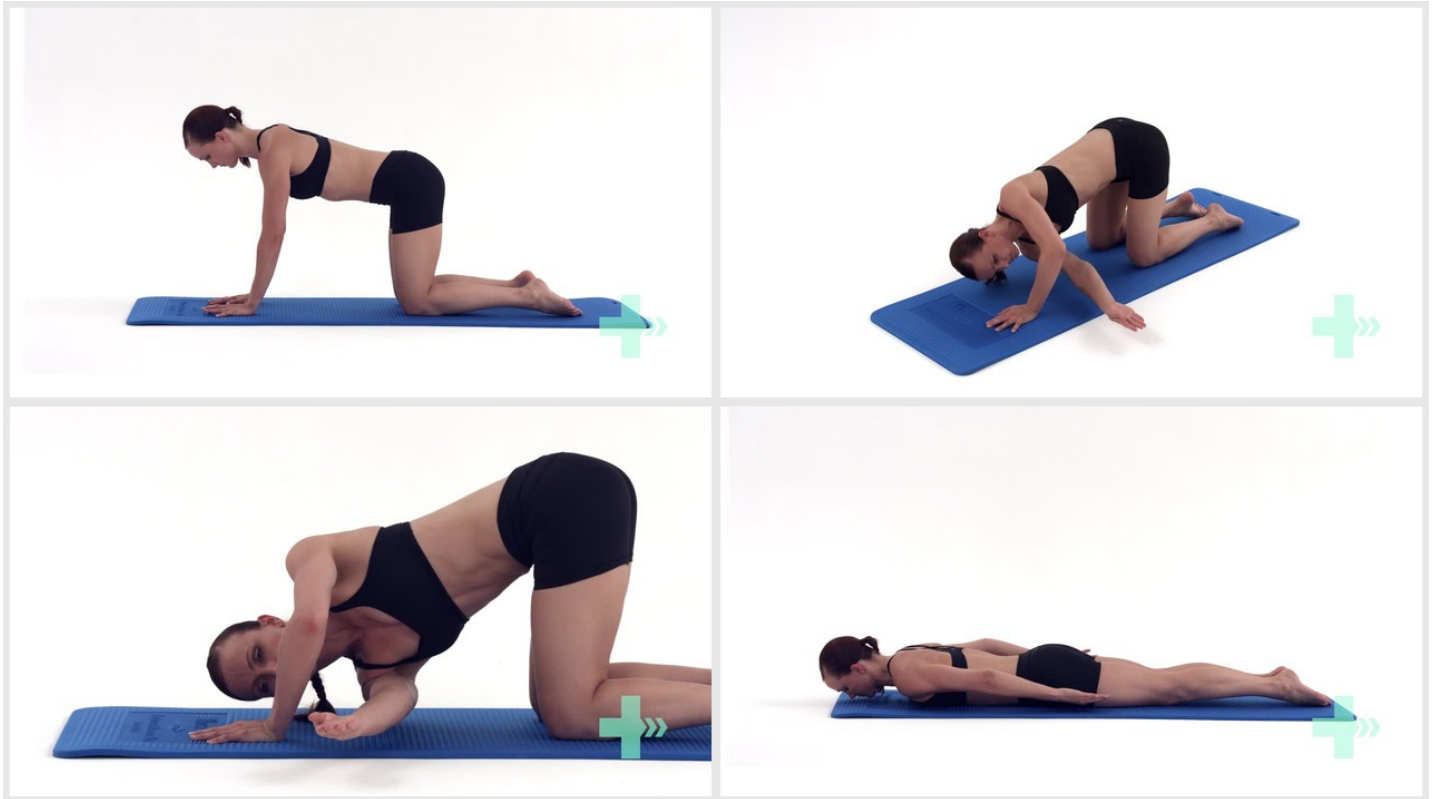
Lie on your back with the towel positioned underneath and across your upper back.

Relax in this position, allowing your arms to drop out to the side and your chest to open up, stretching your upper back over the towel.

Remain here for the stated duration, and then move the towel down to the next segment of your upper back, and repeat.

7. "Thread the needle" Upper trunk rotation/scapular mobility

3 Sets / 3 Reps / 20 s hold



Start lying on your front.

Bring yourself up onto your hands and knees.

Your hands should be under your shoulders and your hips over your knees. Take one hand off the floor and reach in and through between your other hand and leg on that side.

Allow your shoulder and head to follow, moving down towards the floor as your hand reaches through.

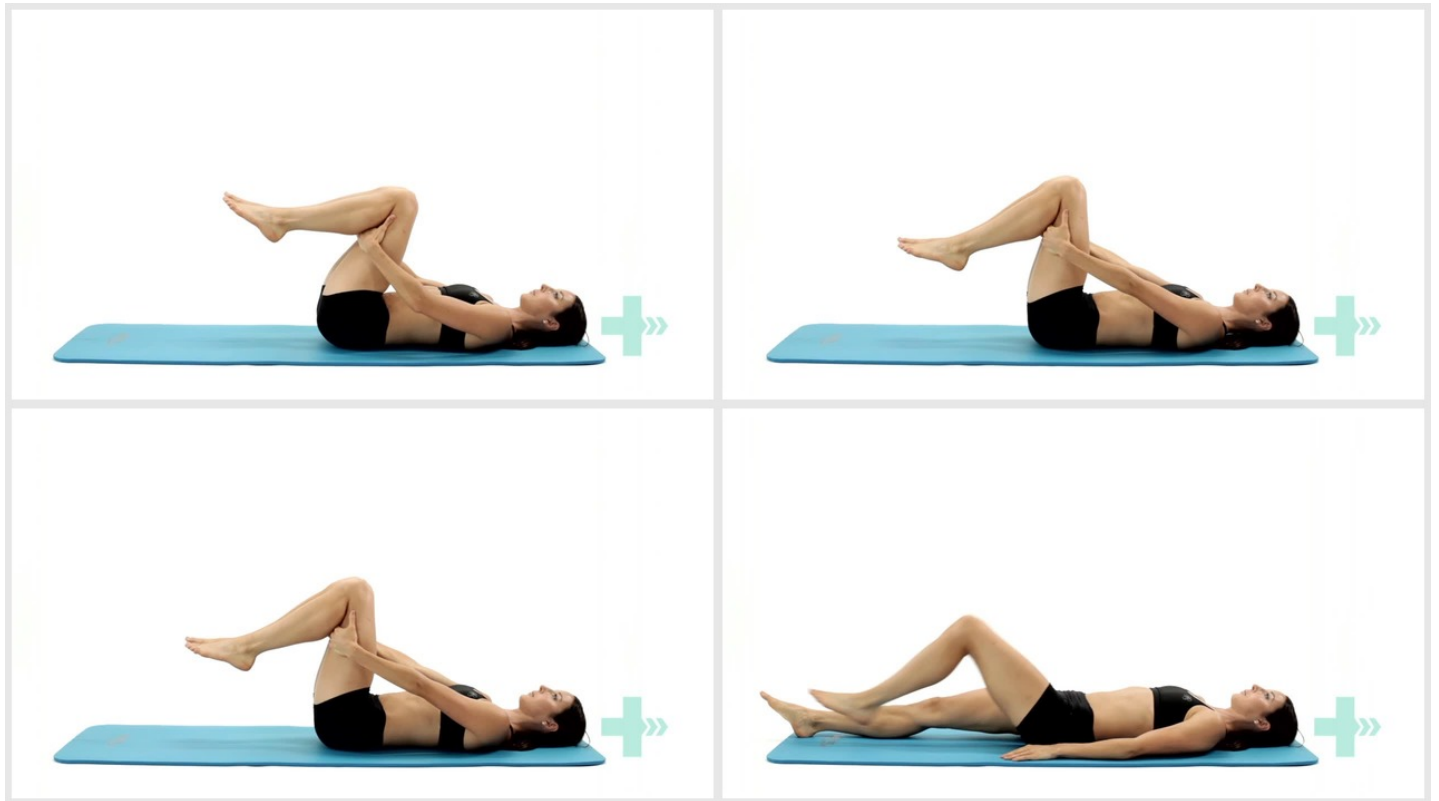
Allow your back to twist.

You should feel a stretch down your side, your shoulder blade and neck.

Hold and then relax and repeat.

8. "Knee hugs" Hip/lumbar extensors stretch (bilateral), supine; 01

3 Sets / 15 Reps / 3 s hold



Lie on your back with both knees bent.

Hug one knee in towards your chest.

Bring the other in to join it.

Use your arms to hug the knees in as closely as you can manage comfortably.