

Neck/Upper Back Acute Exercises

Neck Half-Circles

Stand up straight and slowly roll in a circle by taking your right ear to your right shoulder, dropping the chin to the chest, taking the left ear to the left shoulder and returning the head to center. Try to go as far as you can in each direction without pain. Do not let the shoulders creep up toward the ears. Keep them depressed throughout this exercise. Roll the head to the right and then to the left. **Do not roll the head to the back. Do not hold.**

Do Not Cause Pain.



Side Stretch

Sit straight up in a chair with your shoulders relaxed. Keep your gaze straight ahead at eye level and your chin pointed down slightly. Slowly bend your head to the right side until you reach pain and back away. **Do not hold this position**, instead slowly bend to the opposite side.

Do Not Cause Pain.



Chin Glides

If you have ever danced “Like an Egyptian”, as the song goes, this should come easy. Sitting up straight, keeping the chin LEVEL, gently pull the chin straight in gently. Do not hold this position, instead slowly extend your chin out in the opposite direction, like you are daring someone to hit you in the jaw. **Do not hold.**

Do Not Cause Pain.



REPS: 5 10 SETS: 1 2 3

Ice After Exercises, and 20 Mins Every Hour

Name _____ Date _____ Dr. _____

Low Back Acute Exercises

Knee to Chest

Lie on your back on a table or firm surface. Clasp your hands behind the thigh and pull it towards your chest. Keep the opposite leg flat on the surface of the table. Hold this position. Switch legs. Repeat the exercise.



Do Not Cause Pain.

Hip Rolling

Lie on your back on a table or firm surface. Both knees bent, feet flat on the table. Cross your arms over your chest. Turn your head (trunk) to the right as you turn both knees to the left. Allow your knees to relax and go down without forcing. Hold this position. Bring knees back up, head to center. Reverse directions.



Do Not Cause Pain.

Pelvic Tilt

Lie on your back on a table or firm surface. Your feet are flat on the surface and the knees are bent. Push the small of your back into the floor by pulling the lower abdominal muscles up and in. Hold your back flat while breathing easily in and out. Hold this position.



Do Not Cause Pain.

REPS: 5 10 **SETS:** 1 2 3

Ice After Exercises, and 20 Mins Every Hour

Name _____ Date _____ Dr. _____