

Neck/Upper Back Sub-Acute Exercises

Scalene Stretch

Sit straight up in a chair with your shoulders relaxed. Hold onto the seat of the chair. Keep your gaze straight ahead at eye level and your chin pointed down slightly. Slowly bend your head to the right side until you feel a tight stretch. Now pull with your left arm to stretch more. Hold this stretch. Repeat the entire series on the left side.

Do Not Cause Pain.



Upper Trapezius Stretch

Sit straight up in a chair with your shoulders relaxed. Bring your chin down toward your right collar bone as far as you can without rounding your upper back. Then turn your head slightly to the left. You should feel a pulling sensation in the left side of the neck. Hold this position. Repeat the entire series on the left side.

Do Not Cause Pain.



Sternocleidomastoid Stretch

Sit straight up in a chair with your shoulders relaxed. Turn your head to look behind you over your right shoulder. Keeping your head turned to the right, slowly tilt your head to look up at the ceiling. Hold this position. Repeat the entire series on the left side.

Do Not Cause Pain.



HOLD: ☐5 ☐10 REPS: ☐5 ☐10 SETS: ☐1 ☐2 ☐3

☐ Ice After Exercises, and 20 Mins Every Hour

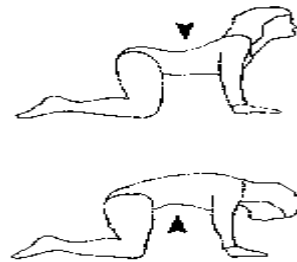
Name_____ **Date**_____ **Dr.**_____

Low Back Sub-acute Exercises

Cat and Camel

Kneel down on the floor and assume the "all-fours" position. Keep your head straight so that the gaze of your eyes is toward the floor. Slowly allow your trunk to sag as far as you can so that your back is arched. Do not, pull it down, but let it relax as you lift up your face towards the ceiling. Hold this position. Then round your back up at the waist as far as you can by contracting your lower abdominal muscles as you lower the top of your head toward the floor. All motion should be initiated from your low back. Hold this position.

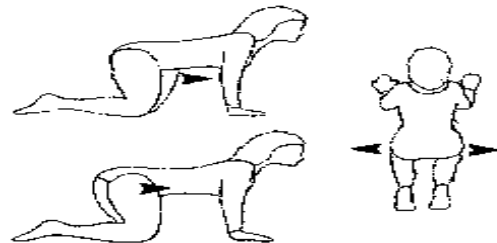
Do Not Cause Pain.



Tail Wagging

Kneel on a mat and assume the "all-four's" position. Keep your head in a neutral position by looking down at the floor. Keeping your shoulders still, move your right hip toward your right shoulder as far as you can. Hold this position. Slowly return to the starting position then move your left hip toward your left shoulder as far as you can. Hold this position.

Do Not Cause Pain.

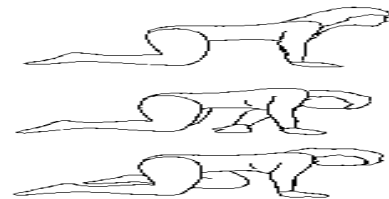


Trunk Rotation

A. From "all four position" reach one arm under your body toward the opposite knee. Hold this position. Slowly return to the starting position. Repeat with other arm.

B. With weight on both hands, bring one knee towards the opposite shoulder. Hold this position. Return to the starting position, Repeat with other knee.

Do Not Cause Pain.



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

☐ Ice After Exercises, and 20 Mins Every Hour

Name_____ Date_____ Dr._____