



Your Exercise Plan

The following exercises have been specifically selected to assist with your recovery and help minimize future problems. Exercises should be performed slowly and within a relatively comfortable range. Maintain good posture and breathe naturally. Do not hold your breath. Unless otherwise instructed, stop any exercises that cause sharp pain or radiating symptoms. Video demonstrations of these exercises may be found below.

To automatically log into the www.stretchdemo.com website and see your exercises, simply scan the barcode below on your mobile device.

<p>www.stretchdemo.com Login:XXXXXX Password: XXXXXXXX</p>	<p>To See Your Exercise Videos:</p> <p>Login using the Login and Password to the left ←</p> <p>OR</p> <p>Scan the barcode to the right →</p>	
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1. **Cervical Retractions** - Sit or stand looking forward with good posture. Tuck your chin in to create a double chin. Hold position for 2-3 seconds. Return to start position. To progress, place finger on chin, apply backwards pressure at end range. Focus your vision on a spot on the wall to avoid neck flexion or extension. Imagine that your head is on drawer slides. Keep your mouth closed. Perform 1 set of 10 repetitions every hour



2. **Ulnar Nerve Floss** - Hold your arm in front of you with your elbow, wrist, and fingers straight as though you are getting ready to shake hands. Touch the tips of your thumb and first finger together to make a ring. Slowly flex your elbow until your hand reaches your face. The ring position should be maintained and your forefinger should be just beneath your eye socket. Slowly raise your elbow to flip the ring up into a "manacle" around your eye. Lower your arm back to the starting position and repeat 10 repetitions three times per day or as directed.



3. **Scalene 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 hand, attempt to laterally flex your right ear toward your right shoulder 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.



4. **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.



5. **Unilateral Pec Stretch** - Stand with your arm straight out at shoulder level reaching backwards, thumb up. Position yourself so that your hand is against a door frame or post. Gently turn your body away from the post, until you feel a gentle stretch in your chest and shoulder. Against the resistance of the post or door frame, attempt to rotate your arm forward in front of your body for seven seconds. Relax and rotate your body away from the door frame or post to increase the stretch on your shoulder. "Lock in" to this new position and repeat three contract/relax cycles on each side twice per day or as directed.



6. **Bent Over Rows** - Hold a weight with your involved arm. Keep the same side foot on the floor while placing the opposite knee on a bench. Lean forward into a "tripod" position to support your weight with the uninvolved arm. Lift the weight straight toward the ceiling until your elbow is above shoulder height. Your focus should be on moving your shoulder blade toward your spine as you elevate your elbow. Slowly lower the weight to the starting position and repeat for three sets of 10 repetitions daily or as directed.

Some things that you can do to help yourself

1. **Sleep Posture** - Sleep on a medium to firm mattress. Avoid waterbeds or soft, sagging mattresses. Although individual preferences vary widely, standard coil-spring mattresses and adjustable air beds are usually good choices. Avoid excessively thick pillow tops. Sleep on your side with a pillow between your knees or on your back with a pillow beneath your knees. Avoid sleeping on your stomach. Avoid sleeping with any type of draft blowing across your neck or back as this may occasionally trigger painful muscle spasms. If you must sleep with an open window or a fan, make sure that your neck and back are covered.
2. **In & Out of Bed** - To lie down, begin by sitting on the edge of the bed, then bring both arms to one side and lower your body to the bed, keeping your knees bent at 45 degrees. Finally, bring your feet into bed and either remain on your side or roll onto your back. To get up from a lying position, first roll onto your side. Push with both hands to a sitting position and while keeping your knees bent, swing your legs over the edge of the bed.