

Patient Exercises– Recommended in conjunction with your chiropractic Treatment– These exercises are to be followed on a prescription basis which will follow the course of your treatment schedule.



Head facing 45° to chest

Support with hand at the back of the head and pull at the angle to add 10% extra stretch.

Repeat 3xa day for 8-10seconds



Head Straight to Chest

Support with hand at the back of the head and pull at the angle to add 10% extra stretch.

Repeat 3xa day for 8-10seconds



Ear to Shoulder

Support with hand at the back of the head and pull at the angle to add 10% extra stretch.

Repeat 3xa day for 8-10seconds



Shoulder Separation

Pull arms forward whilst interlocking the fingers and separating the shoulder blades, lean forward with the chin tucked down to increase stretch

Shoulder Retraction

Pull arms back with palm facing up & push chest up and out to increase stretch, feeling a tension between the blades

Repeat 3xa day for 8-10seconds

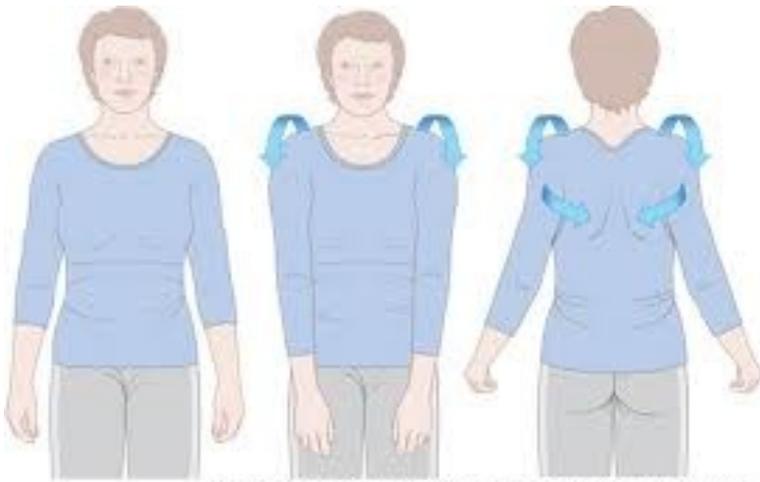


Diagram showing how to do shoulder rolls after breast reconstruction surgery

Shoulder Rolls

Large circular rotations clockwise and anti-clockwise, incorporating not only circular movements through the shoulder but also the shoulder blade.

Repeat 3xa day for 8-10seconds



Chest Stretch

1) Straight arm extended pointing at a 45° upward, lean in to the wall pulling the chest forward
 2) Shoulder and elbow at 90°, with the arm resting against a wall or door frame step forward moving the chest forward allowing the arm backwards.

Repeat 3xa day for 8-10seconds



Wall Angle

Standing against a wall take a step out, then lean back against the wall with knees slightly bent, flatten the lower arch of your back so that your entire back including head is touching the wall.

Then put the back of your hands against the wall and then your elbows (1st pic) Now holding position move your arms in an upward and downward motion .

3xa day for 20seconds



Back Extension

Use a foam roller or alternatively roll a towel into a tight firm cylinder.

Lie back against the towel with it going across your mid back allowing your head and shoulders to fall backwards.

1xday 1-3minutes



Chin Tuck

Lying on the floor with a thin pillow or else on a mattress. Firstly rotate your head forward as far as possible without raising it off the floor. Secondly push the head backwards by activating the muscles in the front of the neck

3x30seconds a day



Shoulder Press Up

Starting in a normal pressup position, move the hands slightly more centrally, from this position the elbows are going to be locked into an extended position, from here the body the idea is to allow the body to move back and forward through the shoulders and mid back.

4-6xweekly for 60seconds



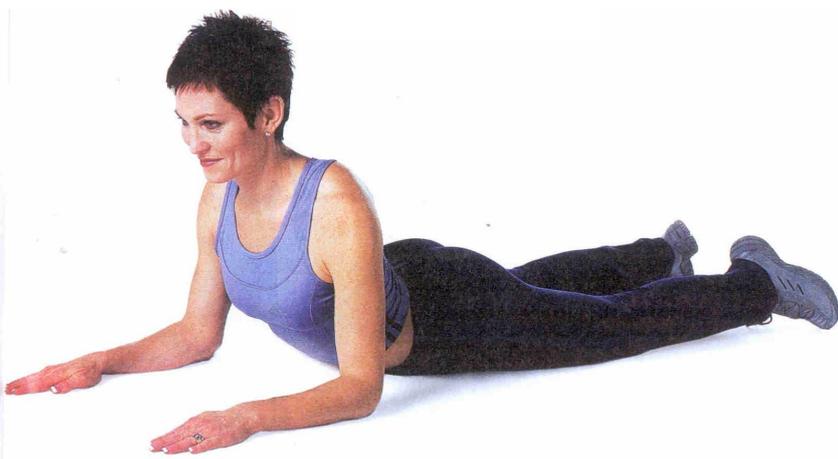
Cat Camel

Start on all fours in a neutral spinal position, from here you are going to transition between a flexed and extended spinal position. In the flexed position your pelvis is rotated backwards and head down & in the extended position the pelvis is rotated down and head back. Slowly and smoothly move between these two positions

2xdaily 30-60seconds



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Lumbar Extension

Lying on a firm surface on your front, slowly lift your upper body backwards as far as about 30 °-40°, do not hyperextend which will lift your hips away from the floor

3xdaily for 8-10seconds



Knee To Chest

Lying on your back pull one leg straight up against the chest

Knee To Opposite Shoulder

Repeat this but with pulling the leg across your body to the opposite shoulder.

3xdaily 8-10seconds



Low Back Rotation

From the above position, then allow your pelvis and low back to leave the floor and rotate, making sure both shoulders are flat against the floor, to accentuate this movement.

3xdaily 8-10seconds



Hip Flexor

Kneeling on one knee- on the knelt knee have this leg slightly extended, with the other flexed leg place your hands on the knee, whilst keeping a straight back start moving your weight forward, therefore extending at the front of the planted hip.

3xday for 8-10 seconds



Figure of 4 Stretch

Lying forward, with one leg extended and the other leg flexed at the hip, bent at the knee and places at an angle across the extended leg, lean back to the side of the flexed leg to feel a deep stretch in the buttock.

3xday for 8-10 seconds



Glut Raise/Bridge

Lying on the back with knees and hips bent and feet flat on the ground. Raise your hips and pelvis up from the ground to align the body and the legs. In this position hold and contract the core, abdominals and gluts.

4-6xweekly for 60Seconds



Superman

Start in a neutral spinal position on all fours, brace your core and abdominal muscles, start with just raising an arm and hold that position, once comfortable then extend the opposite leg. The key is in controlling the position of the pelvis and back.

1xday for 60seconds



Plank

Spinal Neutral position hold concentrating on contracting the gluts and core. To progress incorporate intermittent leg extensions

4-6xweekly aiming for 1minute



Side Plank

In a spinal neutral position, hold this position again concentrating on the contracting the key core group.

4-6xweekly aiming for 1 minute