

Patient Home Exercise Program

1. Seated Scalene Stretch



1. Sit down (in chair with your back straight) on your left hand and bend your head to the right side.
2. Put your right hand on the top of your head.
3. Hold the stretch for 20 seconds.
4. Turn your head to look into your right armpit. (Adjust your hand hold)
5. Hold the stretch for 20 seconds.
6. Turn your head to look towards the ceiling. (Adjust your hand hold)
7. Hold the stretch for 20 seconds.
8. Gently let go, and repeat on the opposite side.

Important Reminder

Only perform these exercises under the care and instruction of your physician and/or physical therapist

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2. Cervical Isometric Neck Extension



1. Sit down (in chair with your back straight) and interlace your fingers behind the back of your head.
2. Keep your chin tucked in during the entire exercise.
3. Push the back of your head into your palms while pressing your palms into the back of your head to create resistance.
4. Hold the stretch for 20 seconds, release for 10

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3. Hitchhiker Stretch



1. Lie down (on bed) on your back diagonally with your left shoulder at the edge of the bed and your knees bent.
2. Bring your arm off the edge of the bed at a 90 degree angle with your thumb facing the floor.
3. Gradually move your arm up towards your ear until you feel a stretch in your chest muscle.
4. Hold the stretch for 20 seconds, rest for 10 seconds, and repeat for 20 seconds

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4. Shoulder Squeeze



1. Sit down (in chair with your back straight and chin tucked in) with your elbows bent at your sides at a 90 degree angle.
2. Squeeze your shoulder blades together and hold for 5 seconds.
3. Repeat this 4 more times.

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5. Standing Pivot



1. Stand with your back flat against the wall and your feet 4 to 6 inches from the wall.
2. Raise your arms up towards the ceiling
3. Turn your palms outwards and glide your pinky fingers and elbows down against the wall slowly down to your sides.
4. Repeat this 4 more times
5. When finished, bring 1 leg back towards the wall, then step away.

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6. Latissimus Dorsi Stretch



1. Lie down (on bed) on your back with your knees bent and the top of your head safely near the edge of the bed.
2. Raise your arms up and bend your elbows to a 90 degree angle with your palms facing you.
3. Move your arms slowly down towards the floor until you feel a stretch in your armpit and shoulder blade area.
4. Hold the stretch for 20 seconds, relax for 10 seconds, and repeat for 20 seconds.

Important Reminder

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7. Supine Shoulder Squeeze Position 1



1. Lie down (on bed) on your back with knees bent and your arms by your side.
2. Bend your elbows to a 90 degree angle keeping your arms by your side.
3. Push down into the bed with your elbows and raise your chest 1 inch.
4. Hold that position for 5 seconds.
5. Repeat this 4 more times.

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8. Supine Shoulder Squeeze Position 2



1. Lie down (on bed) on your back with knees bent and your arms by your side.
2. Bend your elbows to a 90 degree angle and move your arms out to a 30 degree angle.
3. Push down into the bed with your elbows and raise your chest 1 inch.
4. Hold that position for 5 seconds.
5. Repeat this 4 more times.

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9. Supine Shoulder Squeeze Position 3



1. Lie down (on bed) on your back with knees bent and your arms by your side.
2. Bend your elbows to a 90 degree angle and move your arms out to a 60 degree angle.
3. Push down into the bed with your elbows and raise your chest 1 inch.
4. Hold that position for 5 seconds.
5. Repeat this 4 more times.

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10. Hitchhiker Standing



1. Stand (with your back straight and chin tucked in) with your elbows bent at your sides at a 90 degree angle.
2. Turn your palms to face the ceiling with your thumbs facing outwards.
3. As you squeeze your shoulder blades together, move your thumbs outwards and hold for 5 seconds.
4. Repeat this 4 more times.

Important Reminder

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