



1. Isometric neck extension (Wheelchair)

Sit in your wheelchair with your feet resting on the footrests, and ensure the brakes are applied.

If possible, sit upright and pull your shoulders back with your neck long. Place both hands behind your head.

When ready attempt to push your head backward as though looking towards the ceiling, but match the resistance through your hands to result in a static muscle contraction.

Hold this position for the duration as instructed by your therapist. Relax, and repeat.



2. Resisted scapula "T"

Hold a resistance band in both hands and gather up some tension.

Start with your hands at chest height and your arms straight and move them out in a "T" shape, keeping your shoulder blades back and down.

Control the movement back to the start position and repeat.



3. Thoracic rotation in sitting - hands behind head

Sit up straight in a chair and lift your hands to touch the side of your head, just behind your ears.

Point your elbows forwards.

Keeping your posture directly upright, move your elbows out to the sides.

Holding this position with your arms, rotate your upper body round to one side, and then round to the other.

You should feel the movement in your upper back.



4. Shoulder shrugging

Relax your arms by your side or on a table.

Shrug your shoulders up to your ears.

Hold this position, before you completely relax your shoulders back down.



5. Thoracic rotation in quadruped - hand behind head

Start on your hands and knees
 Position your knees under your hips and your hands under your shoulders.
 Place one hand behind your head.
 Then as you rotate your trunk to bring your bent elbow towards the ceiling, press the other hand against the floor.
 Return to the starting position and repeat.



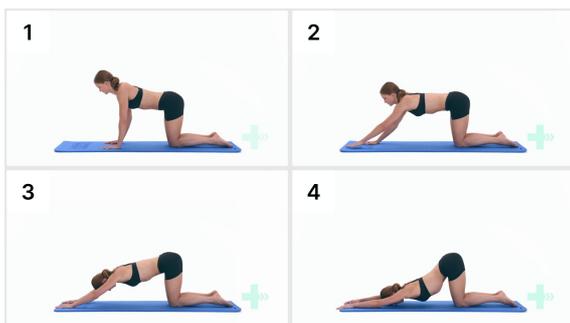
6. Prone scapula retractions

Lie on your front with arms by your side and your palms facing downwards.
 Pull your shoulder blades back and down.
 Hold and then slowly relax.



7. Spinal extension in prone "diamond press"

Lie on your front with your palms face down on the floor and your elbows bent.
 Make a diamond shape with your arms, resting your forehead on the backs of your hands.
 Ensuring you keep your gaze at the back of your hands, press your hands and forearms into the floor.
 Lift your head and chest up and tuck your chin into your chest with this movement.
 You should feel the muscles in your back working to do this movement.
 Hold this position before you slowly lower yourself back down to the starting position.



8. Puppy dog pose

Start on your hands and knees
 Walk your hands forward.
 Push your hips up to the ceiling as you allow your chest to drop down to the floor.
 Keeping stable in the shoulders, slide your shoulder blades down toward your hips and let your chest settle on the floor.
 Hold this position.

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10 Reps																			
1 s Hold																			
Pain level (0-10):																			

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