

Home Exercise Program

1. Shoulder: Standing Isometric Internal Rotation



- Stand in a door frame or in the corner of a room with your chin tucked-in.
- Bend your elbow to 90 degrees at your side and place the palm of your hand against the edge of the wall.
- While keeping your head still and your elbow tucked-in by your side, push the wall with the palm of your hand like you want to move it towards your belly.
- Relax your arm and repeat.

2. Cervical: Isometric Side Bend (Bilateral)



- Place your palm on the side of your head.
- Attempt to bring your ear down to your shoulder while resisting any movement with your hand.
- Repeat on the other side.

3. Cervical: Isometric Rotation



- Stand or sit tall with your chin tucked-in.
- Place a hand over your cheek bone and temple to resist rotation of the head.
- Resisting any movement of your neck, rotate your head into your hand in an attempt to look over your shoulder.
- Hold for _ seconds.
- Slowly release the pressure and repeat.

4. Cervical: Isometric Extension



- Stand or sit tall with your chin tucked-in.
- Place one hand behind your head.
- Without allowing movement, attempt to move your head backwards, resisting with hand.
- Gently relax and repeat.

5. Cervical: Isometric Flexion



- Stand or sit tall with your chin tucked-in.
- Place the heel of your palm on your forehead.
- Resisting any movement with your hand, press your head forward in to your hand.
- Hold for _ seconds.
- Gently relax and repeat.

Replenish Wellbeing

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Home Exercise Program

6. Shoulder: Standing Isometric Behind the Back External Rotation



- Stand up and put your hand behind your back, palm up.
- Squeeze your shoulder blade backward while you push the back of your hand against your back.
- Hold as prescribed.
- Relax.
- Repeat as prescribed.