

GENERAL EXERCISES NECK

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PZ-AM-G-US | July 2017



Anterior/Middle Scalene Stretch



- ▶ While sitting in a chair, hold the seat with one hand.
- ▶ Tilt your head to the opposite side and then rotate your head the opposite direction.
- ▶ Hold until a stretch is felt.
- ▶ Return to original position and then repeat.
- ▶ Tip your chin upward to intensify the stretch.



Levator Scapulae Stretch

- ▶ Grasp your arm and pull it gently towards the opposite side in front of your body.
- ▶ Tilt your head downward and to the side looking toward the opposite side.
- ▶ Hold until a stretch is felt.
- ▶ Return to original position and then repeat.





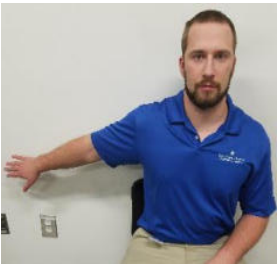
SCM Stretch



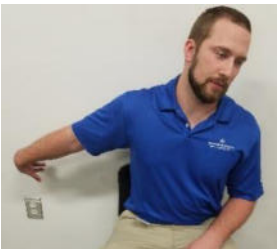
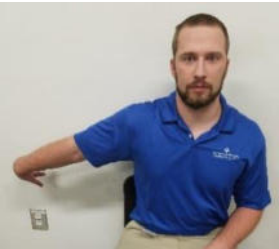
- ▶ Place your hands firmly overlapping on your breast bone and collar bones.
- ▶ Tilt your head upwards and toward the opposite side.
- ▶ Hold until a stretch is felt.
- ▶ Return to original position and then repeat.



Upper Extremity Range of Motion #1

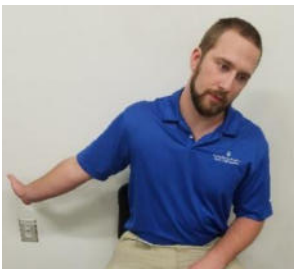
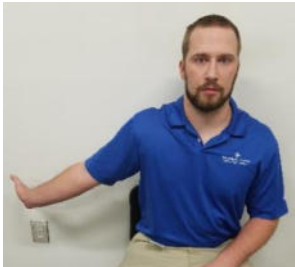
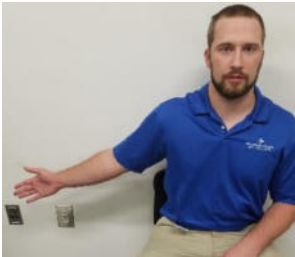


- ▶ Begin by lowering your shoulder blade and holding your hand out to the side with the palm facing backward as shown.
- ▶ Gently flex the wrist bringing the palm further backwards.
- ▶ Hold briefly and release.
- ▶ To progress the stretch, gently tilt your neck/head to the opposite side while still looking forward.
- ▶ If you begin to notice an increase in discomfort, back off slightly and do not progress any further in the sequence.





Upper Extremity Range of Motion #2



- ▶ Begin by lowering your shoulder blade and holding your hand out to the side with the palm facing forward as shown.
- ▶ Gently extend the wrist bringing the back of the hand further backwards.
- ▶ Hold briefly and release.
- ▶ To progress the stretch, gently tilt your neck/head to the opposite side while still looking forward.
- ▶ If you begin to notice an increase in discomfort, back off slightly and do not progress any further in the sequence.



Upper Extremity Range of Motion #3



- ▶ Begin by lowering your shoulder blade and make the “OK” sign with your hand.
- ▶ Lift your fingers so that they touch your jaw, as shown.
- ▶ Gently rotate your arm so that you are looking through the circle made by your fingers.
- ▶ Hold briefly and release.
- ▶ If you begin to notice an increase in discomfort, back off slightly and do not progress any further in the sequence.



Isometric Cervical Side Bend



- ▶ Place your fingers on the side of your head and gently try to tilt your head to the opposite side.
- ▶ Resist this pressure so that the head does not move.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.



Isometric Cervical Flexion



- ▶ Place your fingers your forehead and gently try to tilt your head backwards.
- ▶ Resist this pressure so that the head does not move.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.



Isometric Cervical Rotation



- ▶ Place your fingers your cheek bone and gently try to rotate your head towards the opposite side.
- ▶ Resist this pressure so that the head does not move.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.

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Standing Side Stretch



- ▶ Stand with a staggered stance as shown and place one hand on your hip.
- ▶ Raise the opposite arm over your head and gently side bend towards the other side.
- ▶ Hold until a stretch is felt.
- ▶ Return to original position and then repeat.



Upper Extremity Range of Motion #1



- ▶ Begin by lowering your shoulder blade and holding your hand out to the side with the palm facing backward as shown.



- ▶ Gently flex the wrist bringing the palm further backwards.

- ▶ Hold briefly and release.

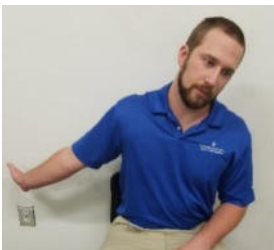
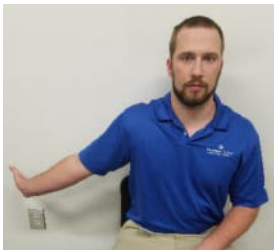
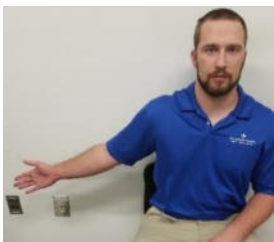
- ▶ To progress the stretch, gently tilt your neck/head to the opposite side while still looking forward.



- ▶ If you begin to notice an increase in discomfort, back off slightly and do not progress any further in the sequence.



Upper Extremity Range of Motion #2



- ▶ Begin by lowering your shoulder blade and holding your hand out to the side with the palm facing forward as shown.
- ▶ Gently extend the wrist bringing the back of the hand further backwards.
- ▶ Hold briefly and release.
- ▶ To progress the stretch, gently tilt your neck/head to the opposite side while still looking forward.
- ▶ If you begin to notice an increase in discomfort, back off slightly and do not progress any further in the sequence.



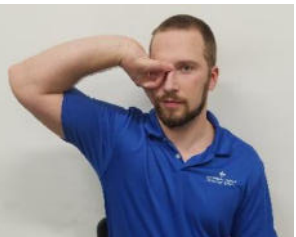
Upper Extremity Range of Motion #3



- ▶ Begin by lowering your shoulder blade and make the “OK” sign with your hand.



- ▶ Lift your fingers so that they touch your jaw, as shown.
- ▶ Gently rotate your arm so that you are looking through the circle made by your fingers.



- ▶ Hold briefly and release.
- ▶ If you begin to notice an increase in discomfort, back off slightly and do not progress any further in the sequence.



SHOULDER STRENGTHENING EXERCISES

- ▶ Elastic Band - Chop
- ▶ Prone Rows
- ▶ Elastic Band Shoulder Row
- ▶ Prone Shoulder Horizontal Abduction
- ▶ Prone Scaption
- ▶ Prone W
- ▶ Isometric Shoulder Extension
- ▶ Isometric Shoulder Flexion
- ▶ Isometric Shoulder External Rotation
- ▶ Isometric Shoulder Internal Rotation
- ▶ Isometric Shoulder Abduction
- ▶ Scapular Punches
- ▶ Table Plank Plus
- ▶ Elastic Band Shoulder External Rotation
- ▶ Elastic Band Shoulder Internal Rotation
- ▶ Standing Shoulder Scaption
- ▶ Sidelying Shoulder External Rotation with Towel



Elastic Band - Chop

- ▶ Begin in the half kneeling position holding the elastic band above the stance leg as shown with a free end fixated in a doorway.
- ▶ Pull the band downwards and towards the opposite leg.
- ▶ Be sure that your trunk does not bend or twist during the exercise.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.



Prone Rows



- ▶ Lie face down on the edge of a bed/mat with the target arm hanging off the side. Grasp a dumbbell in the target hand.
- ▶ Leading with shoulder blade, pull the weight up until your elbow is in line with your torso.
- ▶ Squeeze your shoulder blade down and back.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.



Elastic Band Shoulder Flexion

- ▶ Hold the elastic band while it is anchored low to the ground as shown.
- ▶ Gently raise your arm up in front of you keeping your elbow straight as pictured.
- ▶ Do not raise past shoulder height.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.



Prone Shoulder Horizontal Abduction



- ▶ Lie face down on the edge of a bed/mat with the target arm hanging off the side.
- ▶ Gently raise the arm away from bed/mat while keeping your elbow straight and palm facing the floor.
- ▶ Keep your shoulder blade back and down as your raise upwards.
- ▶ Hold briefly and release
- ▶ Repeat for desired number of repetitions and sets.



Prone Scaption

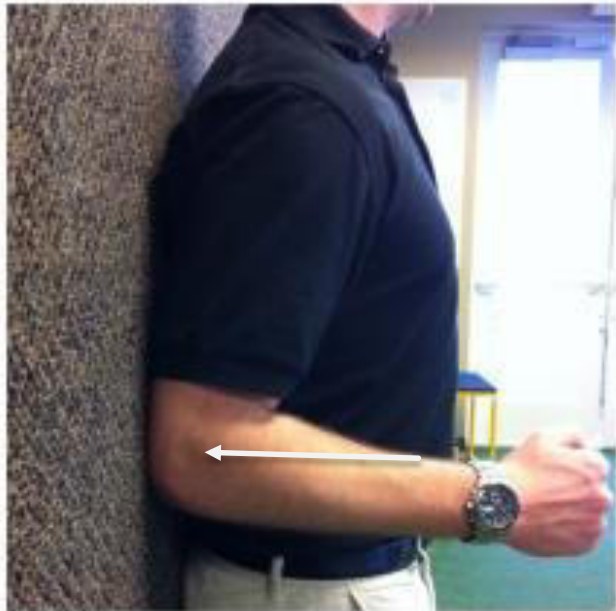


- ▶ Lie face down on the edge of a bed/mat with the target arm hanging off the side.
- ▶ Gently raise the arm upwards and outwards 45 degrees from the table as shown. Your arm and body should form $\frac{1}{2}$ of the letter “Y” when viewed from overhead.
- ▶ Keep your shoulder blade back and down as you raise upwards.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.



Prone W







Isometric Shoulder Flexion



- ▶ Stand facing a wall with your arm against your side, elbow bent at a 90 degree angle as shown.
- ▶ Without moving your body, gently push your fist into the wall. You should feel your shoulder muscles contract.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.



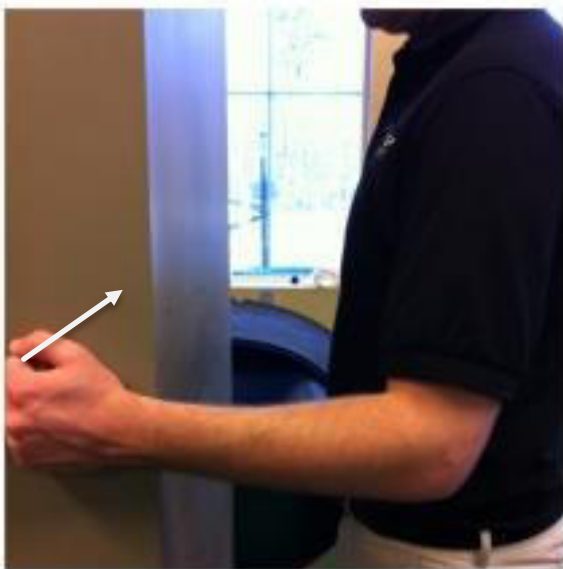
Isometric Shoulder External Rotation



- ▶ Stand next to wall with your arm against your side, elbow bent at a 90 degree angle as shown.
- ▶ Place the back of your fist against the wall.
- ▶ Without moving your body, gently push the back of your fist into the wall. You should feel your shoulder muscles contract.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.



Isometric Shoulder Internal Rotation



- ▶ Stand next to wall with your arm against your side, elbow bent at a 90 degree angle as shown.
- ▶ Place the palm of your fist against the wall.
- ▶ Without moving your body, gently push the palm of your fist into the wall. You should feel your shoulder muscles contract.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.



Isometric Shoulder Abduction



- ▶ Stand against a wall with your arm against your side, elbow bent at a 90 degree angle as shown.
- ▶ Place the outside of your elbow against the wall as shown.
- ▶ Without moving your body, gently push the outside of the elbow into the wall. You should feel your shoulder muscles contract.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.



Scapular Punches



- ▶ Lie on your back holding a small free weight or soup can with your arm extended straight up towards the ceiling.
- ▶ While keeping your elbow straight, push fist further upward towards the ceiling.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.



Table Plank Plus



- ▶ Start in a push up position leaning up against a table or counter top as shown.
- ▶ Maintain this position with your elbows straight as you push your ribcage backward to raise your body upward a few inches.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.
- ▶ Progress by standing further away from the table.



Elastic Band Shoulder External Rotation



- ▶ Anchor the elastic band at elbow height to a door or other sturdy object.
- ▶ Place a small rolled up towel between your elbow and body.
- ▶ Step towards the door so that tension is placed in the elastic band with your hand at your stomach.
- ▶ Gently pull your forearm outwards away from your stomach against the resistance.
- ▶ Keep your shoulder blade down and back during this exercise.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.



Elastic Band Shoulder Internal Rotation

- ▶ Anchor the elastic band at elbow height to a door or other sturdy object.
- ▶ Place a small rolled up towel between your elbow and body.
- ▶ Step away from the door so that tension is placed in the elastic band as shown while the hand is away from the body.
- ▶ Gently pull your forearm towards your stomach against the resistance.
- ▶ Keep your shoulder blade down and back during this exercise.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.





Standing Shoulder Scaption



- ▶ Stand with your arms at your side thumb facing up.
- ▶ Gently raise your arms up towards the ceiling with your arms slightly forward at about a 30 degree angle as shown.
- ▶ Do not raise higher than shoulder height.
- ▶ Keep your shoulder blades down and back as you raise upwards.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.



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Prayer Stretch



- ▶ Begin in a hands and knees position on a comfortable surface.
- ▶ Reach your hands out in front of you and gently lower your hips back toward your heels.
- ▶ Allow your spine to bend so that your shoulders sink toward the floor and a gentle stretch is felt throughout the spine.
- ▶ Hold for desired stretch.
- ▶ Return to the original position and then repeat.



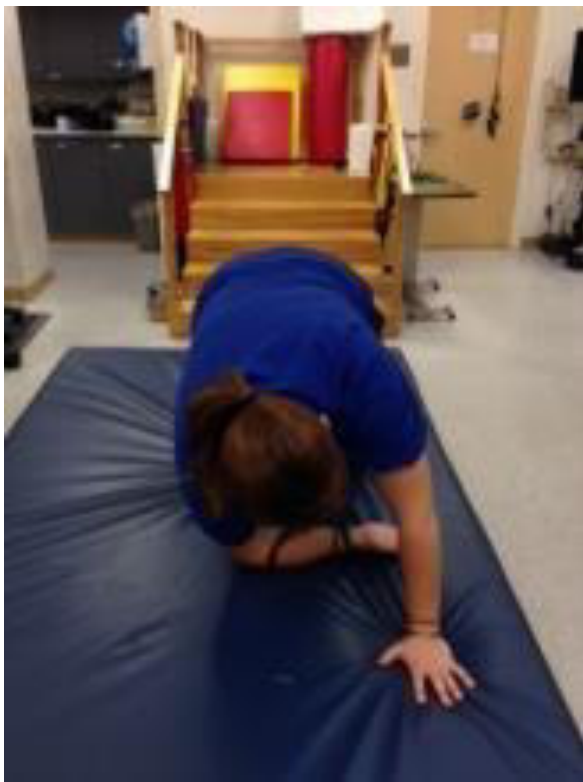
Prayer Stretch - Lateral



- ▶ Start from prayer stretch position as shown.
- ▶ Walk your hands to one side and bend your spine sideways until a gentle stretch is felt in the spine on the opposite side.
- ▶ Hold for desired stretch.
- ▶ Repeat on the opposite side
- ▶ Return to the original position and then repeat.



Quadruped Reach Through



- ▶ Begin in a hands and knees position on a comfortable surface.
- ▶ Reach one hand underneath the body as shown so that the shoulders turn but the hips do not move.
- ▶ Hold until a stretch is felt in the upper and middle back for 3-5 breaths.
- ▶ Repeat on the opposite side.
- ▶ Return to the original position and then repeat.



Cat and Camel



- ▶ Begin on your hands and knees on a comfortable surface.
- ▶ Gently raise your back upwards and round it towards the ceiling. Hold briefly and release.
- ▶ Next, gently lower your stomach towards the ground allowing your low back to arch. Hold briefly and release.
- ▶ Return to the original position and then repeat.



Lower Trunk Rotations



- ▶ Lie on your back on a comfortable surface with your knees bent and feet flat.
- ▶ Gently lower your knees to one side keeping your feet together.
- ▶ Hold briefly and release.
- ▶ Return to the original position and then repeat.





Standing Lumbar Extension



- ▶ While standing, place your hands on your hips and gently lean back to arch your back.
- ▶ Hold until a stretch is felt.
- ▶ Return to the original position and then repeat.





Doorway Stretch



- ▶ Step into a doorway with one foot in front as shown.
- ▶ Place your hands on the doorframe with your elbows level with your shoulders.
- ▶ Gently lean forward into the doorway without lowering your chest.
- ▶ Hold until a stretch is felt.
- ▶ Return to original position and then repeat.



MID-BACK STRENGTHENING EXERCISES

- ▶ Elastic Band - Chop
- ▶ Unilateral Bent Over Row
- ▶ Prone Horizontal Abduction
- ▶ Prone W
- ▶ Bridging
- ▶ Single Leg Bridge
- ▶ Quadruped Opposite Arm and Leg – Bird Dog
- ▶ Plank
- ▶ Lateral Plank
- ▶ Prone Alternating Arm and Leg
- ▶ Supine Marching
- ▶ Straight Curl Up
- ▶ Prone Superman
- ▶ Dead Lifts
- ▶ Squat





Prone W



- ▶ Begin by lying face down on a comfortable surface with a pillow under your stomach and a towel under your forehead.
- ▶ Bring your arms out to the side with elbows bent, arms resembling a "W" shape. Hands should be in a "thumbs up" position.
- ▶ Raise your elbows slightly up and back while gently squeezing shoulder blades together as pictured.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.



Bridging



Single Leg Bridge



- ▶ While lying on your back, raise your buttocks off the floor/bed into a bridge position.
- ▶ Straighten one knee so that only the opposite leg is supporting your body. Be sure the pelvis remains level during this exercise.
- ▶ Hold briefly, then return that leg back to the ground and lower your hips.
- ▶ Repeat for desired number of repetitions and sets.



Quadruped Alternating Arm and Leg- Bird Dog

- ▶ Begin on your hands and knees on a comfortable surface.
- ▶ Tighten your abdominal muscles to keep your spine from moving during the exercise.
- ▶ Slowly raise one leg and the opposite arm upwards until they are fully outstretched as shown.
- ▶ Hold briefly, then slowly lower and switch sides.
- ▶ Do not allow your spine to move throughout the exercise.
- ▶ Repeat for desired number of repetitions and sets.



Lateral Plank



- ▶ Lie on your side on a comfortable surface.
- ▶ Raise up onto one elbow while both feet remain on the ground keeping your spine straight.
- ▶ Hold until fatigued.
- ▶ Repeat for desired number of repetitions and sets.



Straight Curl Up



- ▶ Lie on your back on a comfortable surface with your knees bent and feet flat.
- ▶ Slowly curl up your trunk and lift your shoulder blades off the surface.
- ▶ Keep your chin tucked to your sternum to strengthen and protect your neck.
- ▶ Hold briefly then release.
- ▶ Repeat for desired number of repetitions and sets.



Dead Lifts



- ▶ Begin in standing position with knees "softly" bent (not locked).
- ▶ Keep back flat, and reach hands slowly toward floor.
- ▶ Hold briefly, and return to standing.
- ▶ Repeat for desired number of repetitions and sets.



Squat



- ▶ Stand with your heels shoulder width apart, toes slightly turned outward.
- ▶ Bend your knees and move your hips backwards while keeping your back straight.
- ▶ Think of sitting back onto a chair.
- ▶ Keep your knees in line with your feet and be sure they to not extend past the toes
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.

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LOW BACK STRETCHING AND ROM EXERCISES

- ▶ Prayer Stretch
- ▶ Prayer Stretch - Lateral
- ▶ Cat and Camel
- ▶ Supine Pelvic Tilt
- ▶ Lower Trunk Rotations
- ▶ Prone on Elbows
- ▶ Standing Lumbar Extension
- ▶ Standing Side Stretch
- ▶ Supine Hamstring Stretch
- ▶ Standing Hamstring Stretch
- ▶ Hip Flexor Stretch
- ▶ Half Kneel Hip Flexor Stretch



Prayer Stretch



- ▶ Begin in a hands and knees position on a comfortable surface.
- ▶ Reach your hands out in front of you and gently lower your hips back toward your heels.
- ▶ Allow your spine to bend so that your shoulders sink toward the floor and a gentle stretch is felt throughout the spine.
- ▶ Hold for desired stretch.
- ▶ Return to the original position and then repeat.



Prayer Stretch - Lateral



- ▶ Start from prayer stretch position as shown.
- ▶ Walk your hands to one side and bend your spine sideways until a gentle stretch is felt in the spine on the opposite side.
- ▶ Hold for desired stretch.
- ▶ Repeat on the opposite side
- ▶ Return to the original position and then repeat.





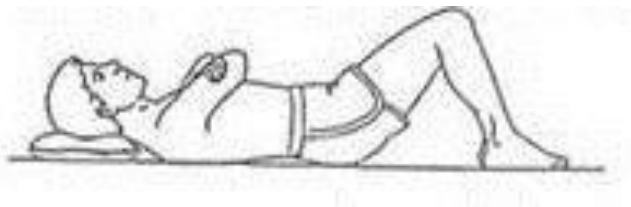
Cat and Camel



- ▶ Begin on your hands and knees on a comfortable surface.
- ▶ Gently raise your back upwards and round it towards the ceiling. Hold briefly and release.
- ▶ Next, gently lower your stomach towards the ground allowing your low back to arch. Hold briefly and release.
- ▶ Return to the original position and then repeat.



Supine Pelvic Tilt



- ▶ Lie on your back on a comfortable surface with your knees bent and feet flat.
- ▶ Gently tilt the front of your pelvis towards your feet allowing your low back to arch off of the surface. Hold briefly and release.
- ▶ Next, gently tilt the front of your pelvis up towards your nose allowing your low back to flatten against the surface. Hold briefly and release.
- ▶ Try to use slow, smooth movements throughout a comfortable range of motion.
- ▶ Return to the original position and then repeat.



Lower Trunk Rotations



- ▶ Lie on your back on a comfortable surface with your knees bent and feet flat.
- ▶ Gently lower your knees to one side keeping your feet together.
- ▶ Hold briefly and release.
- ▶ Return to the original position and then repeat.



Prone on Elbows



- ▶ Lie face down on a comfortable surface.
- ▶ Gently press up and prop yourself on your elbows.
- ▶ Hold until a stretch is felt.
- ▶ Return to the original position and then repeat.



Standing Lumbar Extension



- ▶ While standing, place your hands on your hips and gently lean back to arch your back.
- ▶ Hold until a stretch is felt.
- ▶ Return to the original position and then repeat.



Standing Side Stretch



- ▶ Stand with a staggered stance as shown and place one hand on your hip.
- ▶ Raise the opposite arm over your head and gently side bend towards the other side.
- ▶ Hold until a stretch is felt.
- ▶ Return to original position and then repeat.



Supine Hamstring Stretch



- ▶ Lie on your back and hook a strap, towel, or leash around your foot.
- ▶ Keeping the opposite leg straight and flat on the surface, lift your leg towards the ceiling while maintaining a straight knee.
- ▶ Hold until a stretch is felt along the back of the thigh and knee.
- ▶ Return to original position and then repeat.



LOW BACK STRENGTHENING EXERCISES

- ▶ Bridging
- ▶ Single Leg Bridge
- ▶ Quadruped Alternating Arm and Leg - "Bird Dog"
- ▶ Plank
- ▶ Lateral Plank
- ▶ Prone Alternating Arm and Leg
- ▶ Supine Marching
- ▶ Straight Curl Up
- ▶ Prone Superman
- ▶ Dead Lifts
- ▶ Free-Standing Squat



Bridging



- ▶ While lying on your back, tighten your lower abdominals and squeeze your buttocks.
- ▶ Raise your buttocks off the floor/bed creating a "Bridge" with your body.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.



Single Leg Bridge



- ▶ While lying on your back, raise your buttocks off the floor/bed into a bridge position.
- ▶ Straighten one knee so that only the opposite leg is supporting your body. Be sure the pelvis remains level during this exercise.
- ▶ Hold briefly, then return that leg back to the ground and lower your hips.
- ▶ Repeat for desired number of repetitions and sets.





Quadruped Alternating Arm and Leg- Bird Dog



- ▶ Begin on your hands and knees on a comfortable surface.
- ▶ Tighten your abdominal muscles to keep your spine from moving during the exercise.
- ▶ Slowly raise one leg and the opposite arm upwards until they are fully outstretched as shown.
- ▶ Hold briefly, then slowly lower and switch sides.
- ▶ Do not allow your spine to move throughout the exercise.
- ▶ Repeat for desired number of repetitions and sets.



Plank



- ▶ Lie face down on a comfortable surface.
- ▶ Lift your body up on your elbows and toes while keeping your spine straight.
- ▶ Do not allow your hips to drop or rotate.
- ▶ Hold until fatigued.
- ▶ Repeat for desired number of repetitions and sets.



Prone Superman

- ▶ Lie face down on a comfortable surface with a pillow under your stomach and small rolled towel under your forehead.
- ▶ Tighten your abdominals and Slowly raise both arms and legs a few inches off of the surface.
- ▶ Hold briefly then release.
- ▶ Keep your abdominal muscles tight to prevent your spine from moving during this exercise.
- ▶ Repeat for desired number of repetitions and sets.





Dead Lifts



- ▶ Begin in standing position with knees "softly" bent (not locked).
- ▶ Keep back flat, and reach hands slowly toward floor.
- ▶ Hold briefly, and return to standing.
- ▶ Repeat for desired number of repetitions and sets.



Free-Standing Squat



- ▶ Stand with your heels shoulder width apart, toes slightly turned outward.
- ▶ Bend your knees and move your hips backwards while keeping your back straight.
- ▶ Think of sitting back onto a chair.
- ▶ Keep your knees in line with your feet and be sure they to not extend past the toes
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.

GENERAL EXERCISES HIP

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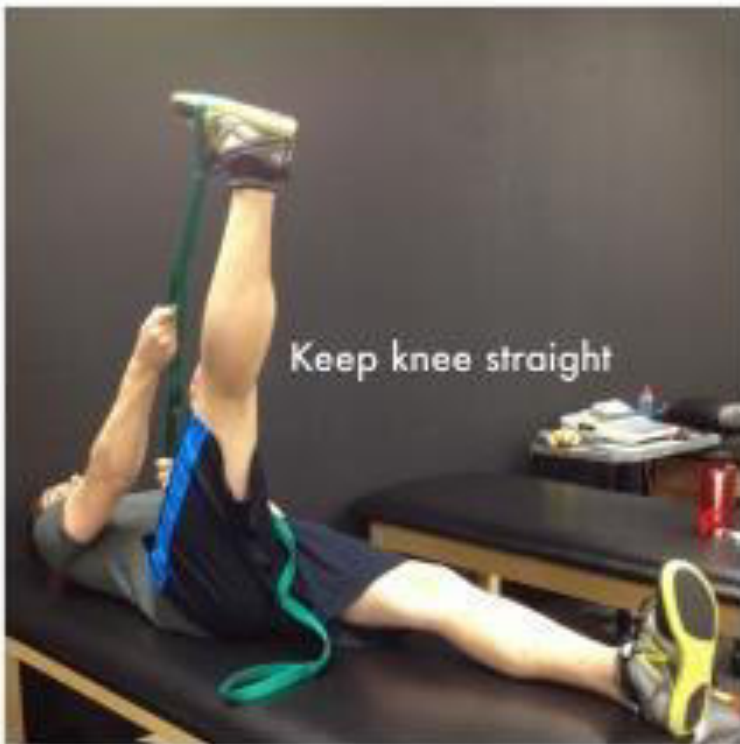
HIP STRETCHING AND ROM EXERCISES

- ▶ Prone on Elbows Stretch
- ▶ Single Knee to Chest Stretch
- ▶ Supine Hamstring Stretch
- ▶ Standing Hamstring Stretch
- ▶ Hip Flexor Stretch
- ▶ Half Kneel Hip Flexor Stretch
- ▶ Figure Four Stretch
- ▶ IT Band Stretch
- ▶ Piriformis Stretch





Supine Hamstring Stretch



- ▶ Lie on your back and hook a strap, towel or leash around your foot.
- ▶ Keeping the opposite leg straight and flat on table, lift your leg towards the ceiling while maintaining a straight knee.
- ▶ Hold until a stretch is felt along the back of the thigh and knee.
- ▶ Return to original position and then repeat.



Hip Flexor Stretch



- ▶ While lying on a table or high bed, grasp your opposite knee and pull it towards your chest.
- ▶ Lower the target leg towards the floor until a stretch is felt along the front of your thigh.
- ▶ Return to original position and then repeat.



Figure Four Stretch



- ▶ Begin by lying on your back with your knees bent, feet flat on the ground.
- ▶ Cross the foot of the target leg over the thigh of the opposite leg.
- ▶ Reach under your opposite thigh with both hands. You may use a towel wrapped around your thigh if needed.
- ▶ Using your arms, assist in bringing the opposite knee towards your chest, lifting the foot off of the ground.
- ▶ Hold until a stretch is felt in the buttock of the target leg.
- ▶ Return to original position and then repeat.



IT Band Stretch



- ▶ In a standing position, cross the opposite leg in front of the target leg.
- ▶ Gently lean towards the opposite side until a stretch is felt in the outside of the target leg.
- ▶ Hold until a stretch is felt.
- ▶ Return to original position and then repeat.



HIP STRENGTHENING EXERCISES

- ▶ Bridging
- ▶ Single Leg Bridging
- ▶ Plank
- ▶ Lateral Plank
- ▶ Forward Lunge
- ▶ Free-standing Squat
- ▶ Squats at a Table
- ▶ Exercise Ball Wall Squats
- ▶ Standing Hip 4-Way
- ▶ Supine Clamshell
- ▶ Sidelying Clamshell
- ▶ Lateral Step Ups
- ▶ Step Ups
- ▶ Monster Walks
- ▶ Side Stepping
- ▶ Standing Marching
- ▶ Single Leg Dead Lift



- ▶ While lying on your back, tighten your lower abdominals and squeeze your buttocks.
- ▶ Raise your buttocks off the floor/bed creating a "Bridge" with your body.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.





Plank



- ▶ Lie face down on a comfortable surface.
- ▶ Lift your body up on your elbows and toes while keeping your spine straight.
- ▶ Do not allow your hips to drop or rotate.
- ▶ Hold until fatigued.
- ▶ Repeat for desired number of repetitions and sets.



Side Plank

- ▶ Lie on your side on a comfortable surface.
- ▶ Raise up onto one elbow while both feet remain on the ground keeping your spine straight.
- ▶ Hold until fatigued.
- ▶ Repeat for desired number of repetitions and sets.





Forward Lunge

- ▶ Step forward into a lunge, while preventing the knee from traveling past the toes.
- ▶ Maintain upright posture, shoulders over hips.
- ▶ Lower the back knee partially as you lunge forward.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.



Free-Standing Squat



- ▶ Stand with your heels shoulder width apart, toes slightly turned outward.
- ▶ Bend your knees and move your hips backwards while keeping your back straight.
- ▶ Think of sitting back onto a chair.
- ▶ Keep your knees in line with your feet and be sure they to not travel past the toes.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.



Squats at a Table



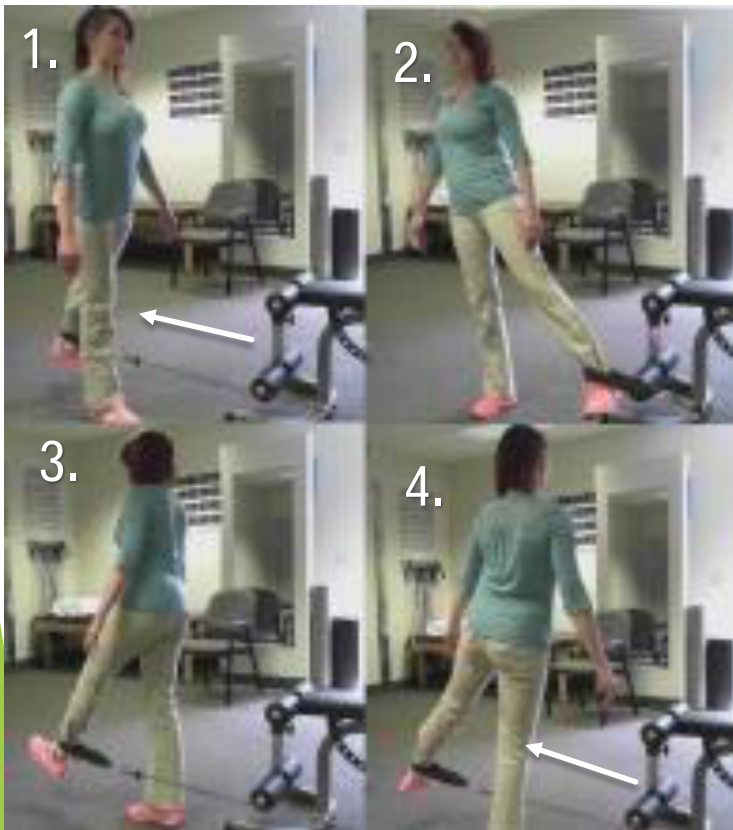
- ▶ Stand in front of a stable surface such as a table or chair.
- ▶ Place your heels shoulder width apart, toes slightly turned outward.
- ▶ Bend your knees and move your hips backwards while keeping your back straight.
- ▶ Think of sitting back onto a chair.
- ▶ Keep your knees in line with your feet and be sure they to not travel past the toes.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.



Standing Hip 4-Way

Stand on one foot with elastic band attached around the ankle of the target leg.

- ▶ 1. Extension: Stand facing the band and kick backward with the target leg.
- ▶ 2. Adduction: Stand in line with the band so that you are able to kick toward midline of your body with your target leg.
- ▶ 3. Flexion: Stand facing away from the band and kick forward with the target leg.
- ▶ 4. Abduction: Stand in line with the band so that you are able to kick away from your body with the target leg.
- ▶ Repeat for desired number of repetitions and sets.





Elastic Band Hip Internal Rotation



- ▶ Start in sitting with an elastic band attached to your ankle from the side as shown.
- ▶ Pull away from the opposite leg while keeping your thigh and knee from moving across the table.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.



Sidelying Clamshell



- ▶ Lie on your side with knees bent to 90 degrees.
- ▶ While keeping your feet together lift the top knee towards the ceiling.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.



Seated Ball Squeeze Hip Adduction



- ▶ In a seated position, place a ball (pillow or bolster) between your knees.
- ▶ Squeeze the ball firmly.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.



Lateral Step Down



- ▶ Begin by standing with target leg on a step as shown with hands on a stable surface if needed.
- ▶ Lift the toes of the opposite leg.
- ▶ Using a controlled movement, lower the opposite leg until the heel contacts the floor.
- ▶ Keep the knee in line with your foot and be sure it does not travel past the toes.
- ▶ Repeat for desired number of repetitions and sets.



Step Ups



- ▶ Stand in front of a step with both feet on the floor with hands on a stable surface if needed.
- ▶ Step up on the step with one leg.
- ▶ Return backward towards the floor leading with the same leg.
- ▶ Repeat for desired number of repetitions and sets.



Monster Walks

- ▶ With an elastic band around both ankles, walk forward while keeping your feet spread apart.
- ▶ Keep your knees bent throughout this exercise.
- ▶ Repeat for desired number of repetitions and sets.





Side Stepping



- ▶ With an elastic band around both ankles, walk to the side while keeping your feet spread apart.
- ▶ Keep your knees bent throughout this exercise.
- ▶ Repeat for desired number of repetitions and sets.



Standing Marching



- ▶ March in place slowly, with high knees while maintaining balance.
- ▶ You may use a hand on a stable surfaces to assist with balance if needed.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.



Single Leg Dead Lift

- ▶ Stand on one leg with knee slightly bent.
- ▶ Reach your opposite arm down toward the floor as shown while keeping your chest, back, and opposite leg straight and in line.
- ▶ Hold briefly while maintaining balance and return to starting position.
- ▶ Repeat for desired number of repetitions and sets.

GENERAL EXERCISES KNEE

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KNEE STRETCHING AND ROM EXERCISES

- ▶ Supine Hamstring Stretch
- ▶ Standing Hamstring Stretch
- ▶ Standing Quad Stretch
- ▶ Hip Flexor Stretch
- ▶ Half Kneel Hip Flexor Stretch
- ▶ Calf Stretch Option 1
- ▶ Calf Stretch Option 2
- ▶ Soleus Stretch
- ▶ IT Band Stretch
- ▶ Heel Slides



Standing Hamstring Stretch



- ▶ While standing, place foot on stool or elevated surface.
- ▶ Keep your foot pointed upward.
- ▶ Gently lean forward at the hip while keeping the spine straight.
- ▶ Hold until a stretch is felt.
- ▶ Return to original position and then repeat.



Standing Quad Stretch



- ▶ While standing, hold on to a sturdy piece of furniture such as a chair or counter.
- ▶ Grasp the target ankle with your hand as shown.
- ▶ Gently pull your foot up towards your buttocks as pictured.
- ▶ Hold until a stretch is felt.
- ▶ Return to original position and then repeat.



Half Kneel Hip Flexor Stretch



- ▶ Begin by kneeling on the knee of the target leg with the opposite foot on the ground.
- ▶ Lean forward while bending the opposite knee until a stretch is felt in the front of the target hip.
- ▶ Hold until a stretch is felt.
- ▶ Return to original position and then repeat.



Calf Stretch – Option 2





Soleus Stretch



- ▶ Rest your hands against a sturdy object such as a wall or counter
- ▶ Position the target leg behind you with foot flat on the floor, toes pointing straight ahead and knee bent.
- ▶ Bend the opposite knee and lean forward while keeping the target knee bent and heel flat on floor.
- ▶ Hold until a stretch is felt.
- ▶ Return to original position and then repeat.



Heel Slide



- ▶ Lie on your back on a comfortable surface with knees straight.
- ▶ Slide your heel towards your buttock as you bend the target knee.
- ▶ Keep your heel on the surface.
- ▶ Hold briefly and return to starting position.
- ▶ Return to original position and then repeat.



KNEE STRENGTHENING EXERCISES

- ▶ Bridging
- ▶ Single Leg Bridging
- ▶ 4-Way Straight Leg Lifts
- ▶ Supine Clamshell
- ▶ Sidelying Clamshell
- ▶ Seated Ball Squeeze-Hip Abduction
- ▶ Quad Set
- ▶ Standing Hamstring Curl
- ▶ Prone Elastic Band Hamstring Curls
- ▶ Step Up
- ▶ Lateral Step Up
- ▶ Forward Lunge
- ▶ Elastic Band Monster Walk
- ▶ Elastic Band Side Stepping
- ▶ Short Arc Quad
- ▶ Long Arc Quad
- ▶ Free-Standing Squat
- ▶ Squats at a Table
- ▶ Wall Squats
- ▶ Single Leg Dead Lifts



Bridging



- ▶ While lying on your back, tighten your lower abdominals and squeeze your buttocks.
- ▶ Raise your buttocks off the floor/bed creating a "Bridge" with your body.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.



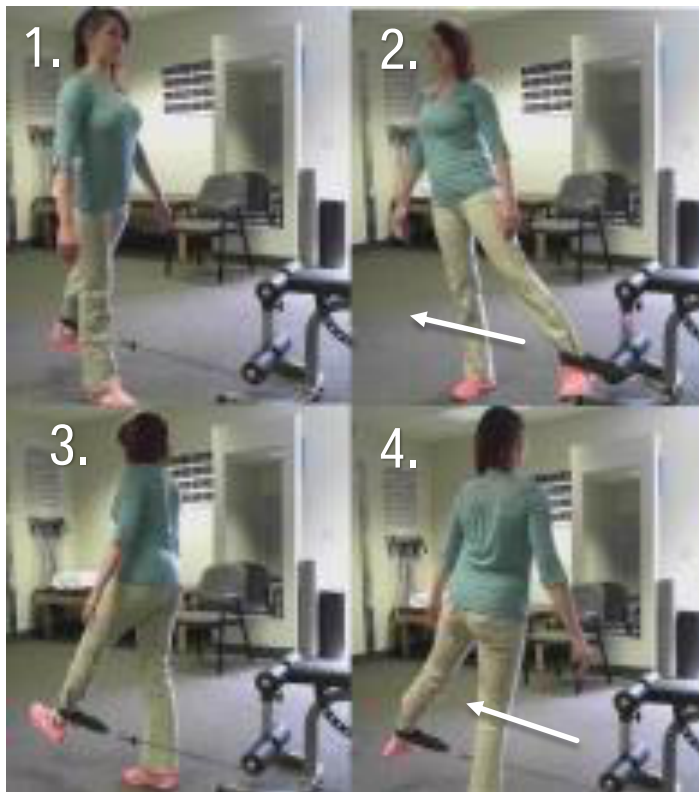
Single Leg Bridging



- ▶ While lying on your back, raise your buttocks off the floor/bed into a bridge position.
- ▶ Straighten one knee so that only the opposite leg is supporting your body. Keep your pelvis level during this exercise.
- ▶ Hold briefly, then return that leg back to the ground and lower your hips.
- ▶ Repeat for desired number of repetitions and sets.



Standing Hip 4-Way



Stand on one foot with elastic band attached around the ankle of the target leg.

- ▶ 1. Extension: Stand facing the band and kick backward with the target leg.
- ▶ 2. Adduction: Stand in line with the band so that you are able to kick toward midline of your body with your target leg.
- ▶ 3. Flexion: Stand facing away from the band and kick forward with the target leg.
- ▶ 4. Abduction: Stand in line with the band so that you are able to kick away from your body with the target leg.

Repeat for desired number of repetitions and sets.



Quad Set



- ▶ Sit comfortably on a firm surface with your legs stretched out in front of you.
- ▶ Place a small rolled up towel under the target knee.
- ▶ Press down into the towel roll with the back of your knee while concentrating on contracting your thigh muscles.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.



- ▶ Stand in front of a step with both feet on the floor with hands on a stable surface if needed.
- ▶ Step up on the step with one leg.
- ▶ Return backward towards the floor leading with the same leg.
- ▶ Repeat for desired number of repetitions and sets.



Lateral Step Down



- ▶ Begin by standing with target leg on a step as shown with hands on a stable surface if needed.
- ▶ Lift the toes of the opposite leg.
- ▶ Using a controlled movement, lower the opposite leg until the heel contacts the floor.
- ▶ Keep the knee in line with your foot and be sure it does not travel past the toes.
- ▶ Repeat for desired number of repetitions and sets.



Forward Lunge



- ▶ Step forward into a lunge, while preventing the knee from traveling past the toes.
- ▶ Maintain upright posture, shoulders over hips.
- ▶ Lower the back knee partially as you lunge forward.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.



Elastic Band Side Stepping



- ▶ With an elastic band around both ankles, walk to the side while keeping your feet spread apart.
- ▶ Keep your knees bent throughout this exercise.
- ▶ Repeat for desired number of repetitions and sets.





Free-Standing Squat



- ▶ Stand with your heels shoulder width apart, toes slightly turned outward.
- ▶ Bend your knees and move your hips backwards while keeping your back straight.
- ▶ Think of sitting back onto a chair.
- ▶ Keep your knees in line with your feet and be sure they to not travel past the toes.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.



Squats at a Table

Stand in front of a stable surface such as a table or chair.

- ▶ Place your heels shoulder width apart, toes slightly turned outward.
- ▶ Bend your knees and move your hips backwards while keeping your back straight.
- ▶ Think of sitting back onto a chair.
- ▶ Keep your knees in line with your feet and be sure they do not travel past the toes.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.







Single Leg Dead Lift



- ▶ Stand on one leg with knee slightly bent.
- ▶ Reach your opposite arm down toward the floor as shown while keeping your chest, back, and opposite leg straight and in line.
- ▶ Hold briefly while maintaining balance and return to starting position.
- ▶ Repeat for desired number of repetitions and sets.

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FOOT AND ANKLE STRETCHING AND ROM EXERCISES

- ▶ Toe Extension Stretch
- ▶ Calf Stretch – Option 1
- ▶ Calf Stretch – Option 2
- ▶ Calf Stretch – Option 3
- ▶ Foot/Ankle ABC's
- ▶ Ankle Circles



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Toe Extension Stretch



- ▶ While seated, cross your legs so that the target leg is on top as shown.
- ▶ Gently bend your big toe back with your fingers.
- ▶ Hold until a stretch is felt in your toe and/or bottom of your foot.
- ▶ Return to original position and then repeat.



Calf Stretch - Option 1



- ▶ Rest your hands against a sturdy object such as a wall or counter
- ▶ Position the target leg behind you with foot flat on the floor, toes pointing straight ahead and knee straight.
- ▶ Bend the opposite knee and lean forward while keeping the target knee straight and heel flat on floor.
- ▶ Hold until a stretch is felt.
- ▶ Return to original position and then repeat.



Calf Stretch – Option 3



- ▶ Rest your hands against a sturdy object such as a wall or counter
- ▶ Position the target leg behind you with foot flat on the floor, toes pointing straight ahead and knee bent.
- ▶ Bend the opposite knee and lean forward while keeping the target knee bent and heel flat on floor.
- ▶ Hold until a stretch is felt in the lower calf.
- ▶ Return to original position and then repeat.



Foot/Ankle ABC's



- ▶ While in a seated position, write out the alphabet in the air with your toes.
- ▶ Prevent the knee from moving during this exercise and only move the ankle and toes.
- ▶ Repeat for the desired number of repetitions.



Windshield Wipers



- ▶ Sit with your foot resting on a towel as shown.
- ▶ Keeping your knee and hip still, rotate your forefoot inwards and outwards.



Heel Raises



- ▶ Rest your hands against a sturdy object such as a wall or counter.
- ▶ Place your toes on a step and allow the heels to drop below level of step.
- ▶ Raise up on toes as high as possible keeping the knees unlocked.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.



Toe Raises



- ▶ Rest your hands against a sturdy object such as a wall, chair or counter.
- ▶ Raise up your forefoot and toes as you bend at your ankle as pictured
- ▶ Keep the heels on the ground during this exercise.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.



Arch Raise



- ▶ Sit with both feet placed flat on the floor.
- ▶ Raise the arch of your foot without curling your toes or lifting your heel.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.



Seated Towel Scrunches



- ▶ Place an unfolded towel on a smooth surface that will allow it to slide.
- ▶ Sit with your foot resting on the towel as shown.
- ▶ Using your toes, scrunch the towel up.
- ▶ Unfold the towel and repeat for desired number of repetitions and sets.

GENERAL EXERCISES

THUMB, WRIST, HAND

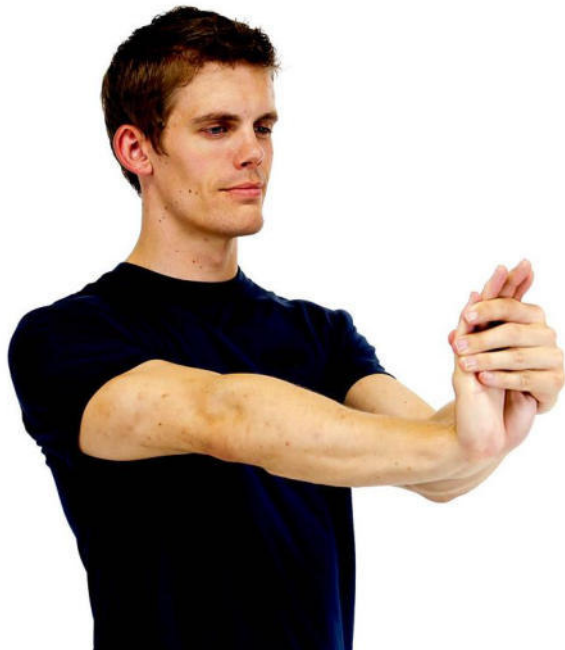
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Wrist Flexor Stretch



- ▶ Use your opposite hand to bend the opposite wrist up as shown.
- ▶ Keep the elbow of the arm being stretched straight.
- ▶ Hold until a stretch is felt.
- ▶ Return to original position and then repeat



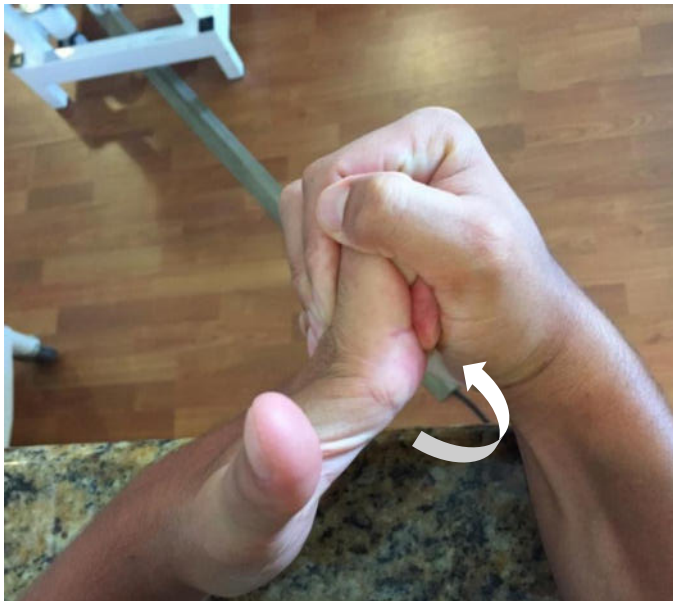
Carpal Tunnel Stretch



- ▶ Position the hand with the palm up and pinky facing your trunk.
- ▶ With the opposite hand, grasp the base of the thumb below the first knuckle.
- ▶ Gently pull the thumb outward and down.
- ▶ Hold until a stretch is felt.
- ▶ Return to original position and then repeat.



Lumbrical Stretch



- ▶ Bend the fingers into a hook grip as shown.
- ▶ Place the heel of the opposite hand on the finger nails.
- ▶ Using the finger tips of the opposite hand to help, gently extend the first knuckle joints as shown.
- ▶ Hold until a stretch is felt.
- ▶ Return to original position and then repeat.



Finger Extension Stretch



- ▶ Grasp the target finger with the opposite hand as shown.
- ▶ Gently pull the joint backwards into extension.
- ▶ Hold until a stretch is felt.
- ▶ Return to original position and then repeat.



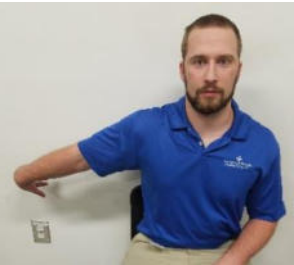
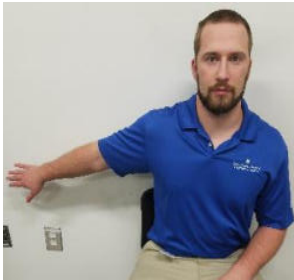
Thumb MCP Flexion Stretch



- ▶ Grasp the target thumb with the opposite hand as shown.
- ▶ Gently bend the MCP joint into more flexion.
- ▶ Hold until a stretch is felt.
- ▶ Return to original position and then repeat



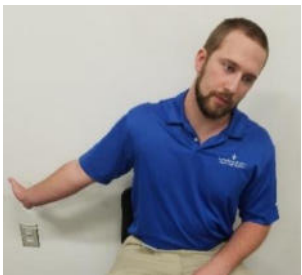
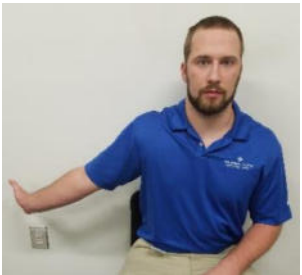
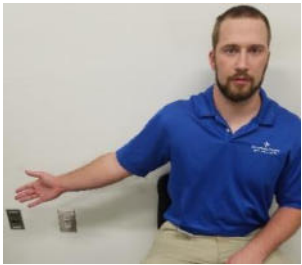
Upper Extremity Range of Motion #1



- ▶ Begin by lowering your shoulder blade and holding your hand out to the side with the palm facing backward as shown.
- ▶ Gently flex the wrist bringing the palm further backwards.
- ▶ Hold briefly and release.
- ▶ To progress the stretch, gently tilt your neck/head to the opposite side while still looking forward.
- ▶ If you begin to notice an increase in discomfort, back off slightly and do not progress any further in the sequence.



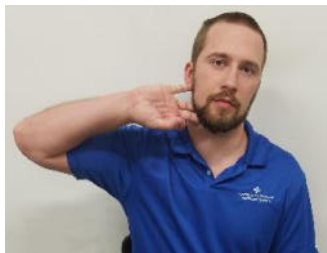
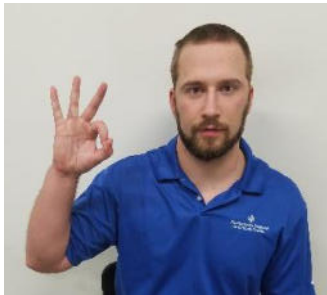
Upper Extremity Range of Motion #2



- ▶ Begin by lowering your shoulder blade and holding your hand out to the side with the palm facing forward as shown.
- ▶ Gently extend the wrist bringing the back of the hand further backwards.
- ▶ Hold briefly and release.
- ▶ To progress the stretch, gently tilt your neck/head to the opposite side while still looking forward.
- ▶ If you begin to notice an increase in discomfort, back off slightly and do not progress any further in the sequence.



Upper Extremity Range of Motion #3



- ▶ Begin by lowering your shoulder blade and make the “OK” sign with your hand.
- ▶ Lift your fingers so that they touch your jaw, as shown.
- ▶ Gently rotate your arm so that you are looking through the circle made by your fingers.
- ▶ Hold briefly and release.
- ▶ If you begin to notice an increase in discomfort, back off slightly and do not progress any further in the sequence.



THUMB, WRIST, & HAND STRENGTHENING EXERCISES

- ▶ Elastic Band Wrist Supination
- ▶ Elastic Band Wrist Pronation
- ▶ Elastic Band Wrist Extension
- ▶ Elastic Band Wrist Flexion
- ▶ Elastic Band Wrist Radial Deviation
- ▶ Elastic Band Wrist Ulnar Deviation
- ▶ Eccentric Wrist Extension
- ▶ Eccentric Wrist Flexion
- ▶ 4 Way Thumb Isometrics
- ▶ 4 Way Wrist Isometrics
- ▶ Putty Gripping
- ▶ Putty Pinching
- ▶ Putty Thumb Flexion



Elastic Band Elbow Supination



- ▶ Rest your arm on a table or thigh holding the elastic band with palm facing down as shown.
- ▶ Turn the target wrist upwards so that your palm faces up.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.



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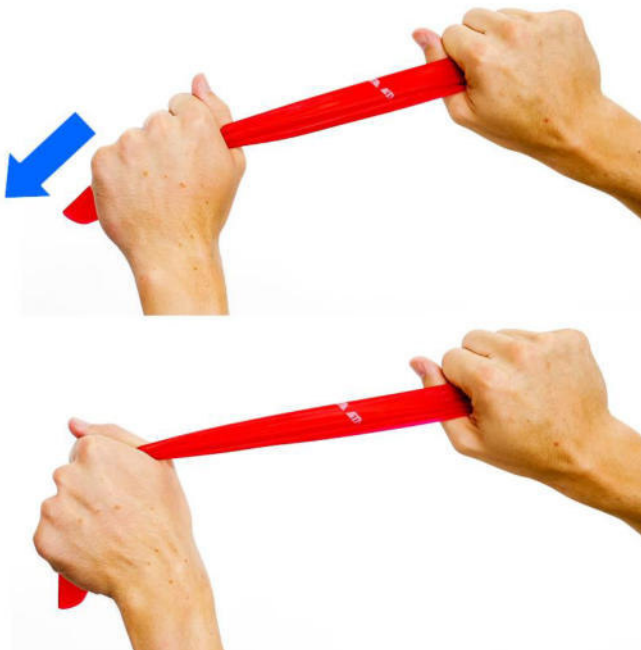
Elastic Band Wrist Flexion



- ▶ Rest your arm on a table or thigh holding the elastic band with palm up as shown.
- ▶ Bend your wrist upwards keeping your palm facing up.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.



Elastic Band Wrist Ulnar Deviation



- ▶ Rest your arm on a table or thigh holding the elastic band with palms down as shown.
- ▶ Bend the target wrist to the side as pictured (away from the opposite wrist).
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.



Eccentric Wrist Extension



- ▶ Rest your arm on a table or thigh grasping the weight with palm facing down as shown.
- ▶ Raise the weight using the opposite hand to assist as pictured.
- ▶ Release the weight with the opposite hand and slowly lower it with the target wrist.
- ▶ Repeat for desired number of repetitions and sets.



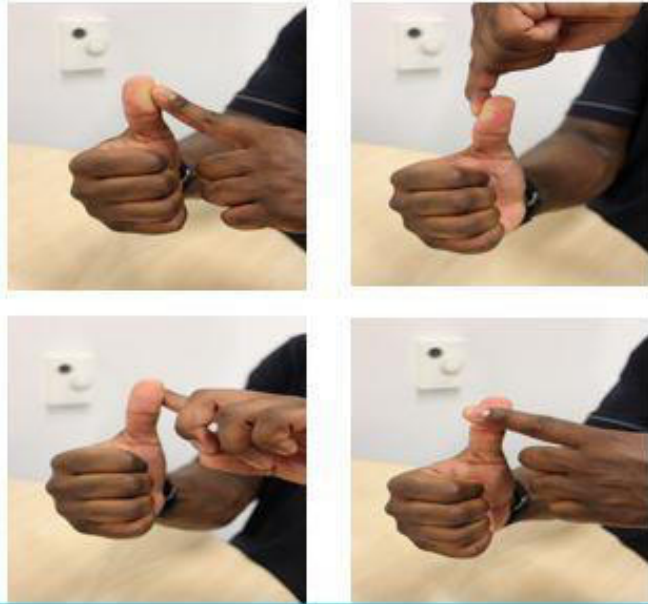
Eccentric Wrist Flexion



- ▶ Rest your arm on a table or thigh grasping the weight with palm facing up as shown.
- ▶ Raise the weight using the opposite hand to assist.
- ▶ Release the weight with the opposite hand and slowly lower it with the target wrist.
- ▶ Repeat for desired number of repetitions and sets.



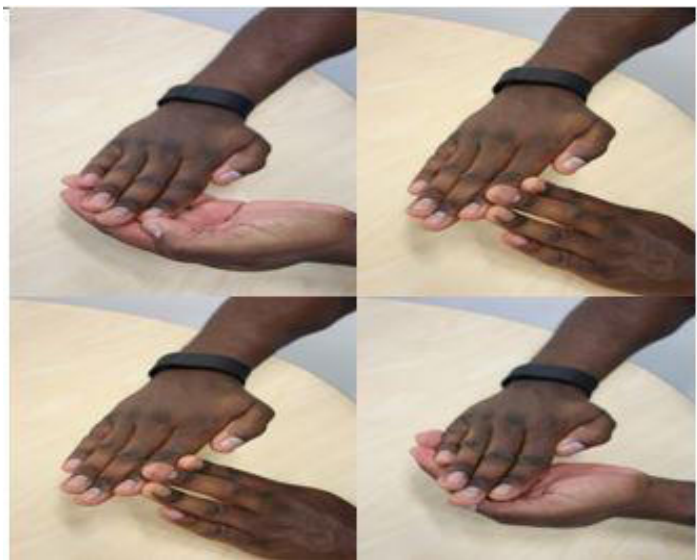
4 Way Thumb Isometrics



- ▶ Hold the target thumb in an upright (“thumbs up”) position.
- ▶ Using the opposite hand, gently press on the target thumb. Resist this pressure so that the thumb does not move.
- ▶ Hold this position for 3-5 seconds.
- ▶ Repeat for desired number of repetitions for each direction – in, out, forward, and backward.



4 Way Wrist Isometrics







Putty Pinching



- ▶ Ball up the putty and place it in between your thumb and fingers.
- ▶ Pinch the putty firmly and slowly working your way around the ball.
- ▶ Reshape the putty into a ball and repeat for desired number of repetitions.



Putty Thumb Flexion



- ▶ Place the putty in your hand as shown and press the tip of your thumb firmly and slowly into the putty.
- ▶ Reshape the putty and repeat for desired number of repetitions.

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Tricep Stretch



- ▶ Stand with arm up and behind head, reaching down the back as far as comfortable.
- ▶ Use free hand to pull elbow further backwards stretching the tricep muscle.
- ▶ Hold until a gentle stretch is felt.
- ▶ Return to original position and then repeat.



Wrist Extensor Stretch



- ▶ Use your opposite hand to bend the target wrist down as shown.
- ▶ Keep the elbow of the arm being stretched straight.
- ▶ Hold until a stretch is felt.
- ▶ Return to original position and then repeat.



Wrist Flexor Stretch



- ▶ Use your opposite hand to bend the target wrist up as shown.
- ▶ Keep the elbow of the arm being stretched straight.
- ▶ Hold until a stretch is felt.
- ▶ Return to original position and then repeat.



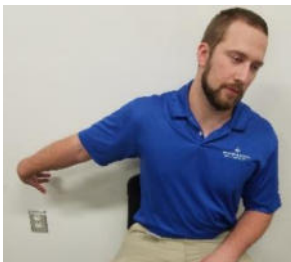
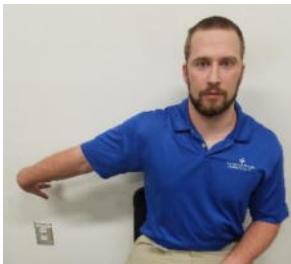
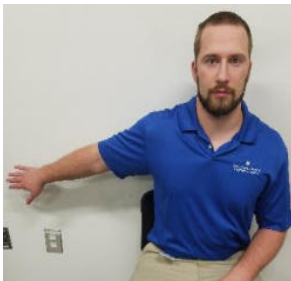
Elbow Towel Stretch



- ▶ Place a small rolled up towel at your elbow joint as shown.
- ▶ Use your opposite arm and gently bend the target forearm over the towel.
- ▶ Hold until a stretch is felt.
- ▶ Return to original position and then repeat.



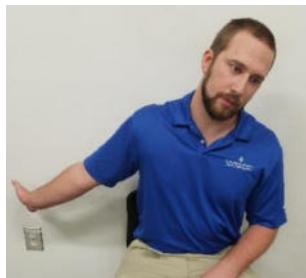
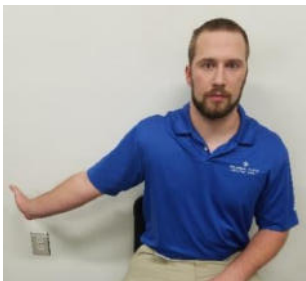
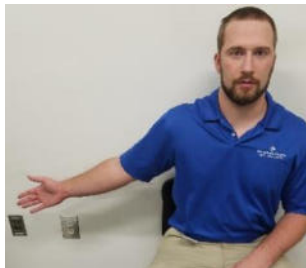
Upper Extremity Range of Motion #1



- ▶ Begin by lowering your shoulder blade and holding your hand out to the side with the palm facing backward as shown.
- ▶ Gently flex the wrist bringing the palm further backwards.
- ▶ Hold briefly and release.
- ▶ To progress the stretch, gently tilt your neck/head to the opposite side while still looking forward.
- ▶ If you begin to notice an increase in discomfort, back off slightly and do not progress any further in the sequence.



Upper Extremity Range of Motion #2



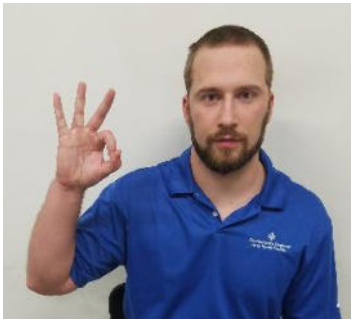
- ▶ Begin by lowering your shoulder blade and holding your hand out to the side with the palm facing forward as shown.
- ▶ Gently extend the wrist bringing the back of the hand further backwards.
- ▶ Hold briefly and release.
- ▶ To progress the stretch, gently tilt your neck/head to the opposite side while still looking forward.
- ▶ If you begin to notice an increase in discomfort, back off slightly and do not progress any further in the sequence.



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Upper Extremity Range of Motion #3



- ▶ Begin by lowering your shoulder blade and make the “OK” sign with your hand.
- ▶ Lift your fingers so that they touch your jaw, as shown.
- ▶ Gently rotate your arm so that you are looking through the circle made by your fingers.
- ▶ Hold briefly and release.
- ▶ If you begin to notice an increase in discomfort, back off slightly and do not progress any further in the sequence.



Tricep Extension



- ▶ Start with your elbow bent while holding an elastic band with one end fixed in a doorway as shown.
- ▶ Pull the elastic band downward as you straighten your elbow.
- ▶ Keep your arm close to your side during the exercise.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.



Elastic Band Elbow Supination



- ▶ Rest your arm on a table or thigh holding the elastic band with palm facing down as shown.
- ▶ Turn the target wrist upwards so that your palm faces up.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.



Elastic Band Elbow Pronation



- ▶ Rest your arm on a table or thigh holding the elastic band with palm facing up as shown.
- ▶ Turn the target wrist downwards so that your palm faces down.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.



Elastic Band Wrist Flexion



- ▶ Rest your arm on a table or thigh holding the elastic band with palm up as shown.
- ▶ Bend your wrist upwards keeping your palm facing up.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.



Elastic Band Wrist Extension



- ▶ Rest your arm on a table or thigh holding the elastic band with palm down as shown.
- ▶ Bend your wrist upwards keeping your palm facing down.
- ▶ Hold briefly and release.
- ▶ Repeat for desired number of repetitions and sets.



Eccentric Wrist Extension



- ▶ Rest your arm on a table or thigh grasping the weight with palm facing down as shown.
- ▶ Raise the weight using the opposite hand to assist as pictured.
- ▶ Release the weight with the opposite hand and slowly lower it with the target wrist.
- ▶ Repeat for desired number of repetitions and sets.



HEALTH INITIATIVE
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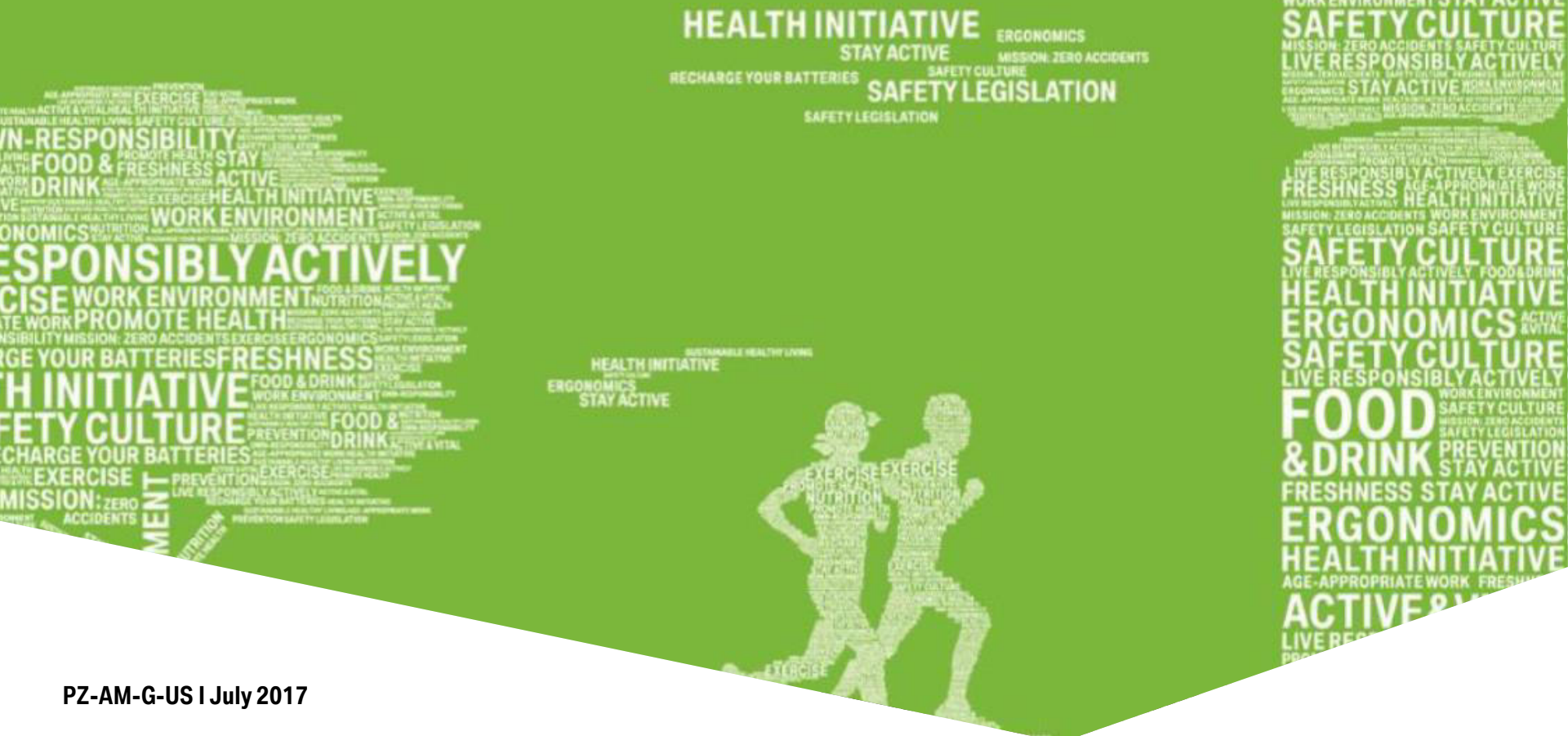
Eccentric Wrist Flexion



- ▶ Rest your arm on a table or thigh grasping the weight with palm facing up as shown.
- ▶ Raise the weight using the opposite hand to assist.
- ▶ Release the weight with the opposite hand and slowly lower it with the target wrist.
- ▶ Repeat for desired number of repetitions and sets.

GENERAL EXERCISES YOGA

BMW MANUFACTURING CO.



PZ-AM-G-US | July 2017



YOGA EXERCISES

- ▶ Child's Pose
- ▶ Child's Pose - Lateral
- ▶ Crescent Moon
- ▶ Downward Facing Dog (Modified)
- ▶ Down Dog Split
- ▶ Upward Dog
- ▶ Lunge Pose (Hand Supported)
- ▶ Chair Yoga: Warrior 1
- ▶ Chair Yoga: Warrior 2



Child's Pose



- ▶ Begin in a hands and knees position on a comfortable surface.
- ▶ Reach your hands out in front of you and gently lower your hips back toward your heels.
- ▶ Allow your spine to bend so that your shoulders sink toward the floor and a gentle stretch is felt throughout the spine.
- ▶ Hold for 3-5 breaths.
- ▶ Return to the original position and then repeat.





Child's Pose - Lateral



- ▶ Start from a child's pose position as shown.
- ▶ Walk your hands to one side and bend your spine sideways until a gentle stretch is felt in the spine on the opposite side.
- ▶ Hold for 3-5 breaths.
- ▶ Repeat on the opposite side
- ▶ Return to the original position and then repeat.





Crescent Moon

- ▶ Place your legs in a half-kneeling position.
- ▶ Shift your hips forward so that they are positioned in front of the knee that is on the floor.
- ▶ Widen your stance enough to maintain your balance.
- ▶ Place your hands behind your head and gently lean your head back and lift your chest.
- ▶ Hold for 3-5 breaths
- ▶ Return to original position and then repeat.





Downward Dog (Modified)



- ▶ Begin in a standing position.
- ▶ Squat down to the floor and place your hands on the ground 2-3 feet in front of your toes.
- ▶ Lift your hips into the air and point your shoulders toward the ground.
- ▶ You may keep your knees slightly bent and lift your heels off of the floor if needed.
- ▶ Hold for 3-5 breaths before returning to the original position and then repeat.



Upward Dog



- ▶ Lie face down on the floor keeping the top of your feet in contact with the floor.
- ▶ Place your palms flat on the floor.
- ▶ Straighten your elbows as you lift your torso up.
- ▶ Allow your legs to rise a few inches off the floor.
- ▶ Look straight ahead or tip the head back slightly.
- ▶ Hold for 3-5 breaths before returning to the floor and then repeat.





Chair Yoga: Warrior 1



- ▶ Begin in a standing position so that one foot is 2-3 feet in front of the other. You may sit halfway on a chair or hold a railing with one hand for support.
- ▶ Lunge forward keeping your back heel down. Your back knee should stay straight and your front knee should not travel past your toes.
- ▶ Keep your trunk upright and reach your arms toward the ceiling.
- ▶ Hold until a gentle stretch is felt in the trunk, back hip and calf for 3-5 breaths.
- ▶ Return to the original position and then repeat.

