

NK1110: Head Retraction for Patient, FHC

Exercise 1 of 6

Category Exercise
Body Part Neck
Rehab Level Beginner
Equipment No Equipment

Muscle(s) splenius, semispinalis capitis, semispinalis cervicis, longissimus capitis, longissimus cervicis, longus capitis, longus colli
Purpose Increase neck strength and muscular endurance.
Benefit Improved stability, functional strength and injury prevention.



Starting Position

Begin seated, or standing, looking forward with shoulders back with good neutral posture.

Movement

Activate core muscles. Attempt to draw head directly backwards. Maintain level head position. Do not tilt head up or down. Hold for two seconds. Return to start position and repeat for prescribed repetitions and sets.

Instructions/Calendar: Continue as Needed

Sets 3 **Time** 0 **Freq** Daily **Comments**
Reps 10 **Rest** 30

Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu
Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu

IF YOU EXPERIENCE AN EXACERBATION OR HAVE A CHANGE IN MEDICAL CONDITION, YOU SHOULD PROMPTLY SEEK APPROPRIATE MEDICAL ADVICE.

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MB6118: Mid Back Foam Roll Myofascial Release for Patient, FHC

Exercise 2 of 6

Category Myofascial Release
Body Part Mid Back
Rehab Level Beginner
Equipment Foam Roll

Muscle(s) trapezius middle, trapezius lower, rhomboid major, Upper Back
Purpose Deep tissue massage to correct muscular imbalances.
Benefit Improved flexibility, decreased muscle tension, and pain relief.



Starting Position

Begin seated on floor. Lie back placing foam roll across upper back. Cross arms in front placing hands on shoulders.



Movement

Lift hips off floor. Slowly massage upper back, rolling up and down as tolerated, for a duration of 1 to 2 minutes. Maintain consistent pressure with foam roll. If a painful area is found, stop rolling and REST on the area for 10 seconds as tolerated, then continue. Rest and repeat for prescribed repetitions and sets. Alternate sides as directed.

Instructions/Calendar: Continue as Needed

Sets 1 **Time** 60sec **Freq** Daily **Comments**
Reps 3 **Rest** 30

Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu
Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu

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SH5132: Foam Roll Chest Stretch - Progression 2 for Patient, FHC

Exercise 3 of 6

Category Stretch
Body Part Shoulder
Rehab Level Beginner
Equipment Foam Roll

Muscle(s) pec major - sternal head, pec major - clavical head, coracobrachialis, Shoulders, Chest
Purpose Correct shoulder imbalances and restore function.
Benefit Increases flexibility, improves joint range of motion, and improves circulation.



Starting Position

Begin by sitting at end of foam roll. Lie back so spine is supported by roll. Bend knees with feet flat on floor.

Movement

Extend one arm to the side at shoulder level, palm facing down and making contact with floor for support. Opposite elbow is bent to 90° at shoulder level with palm facing up. Relax as chest and shoulder stretches for 30-60 seconds. Repeat for prescribed repetitions. Then perform on opposite side.

Instructions/Calendar: Continue as Needed

Sets 1 **Time** 30sec **Freq** Daily **Comments**
Reps 3 **Rest** 0

Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu
Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu

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MB1103: Floor Angels for Patient, FHC

Exercise 4 of 6

Category Exercise
Body Part Mid Back
Rehab Level Beginner
Equipment No Equipment

Muscle(s) pec major - clavical head, rhomboid minor, trapezius upper, deltoid - anterior, deltoid - lateral, Upper Back
Purpose Increase mid back strength and muscular endurance.
Benefit Improved stability, functional strength and injury prevention.



Starting Position

Begin lying on floor facing up. Bend knees with feet flat on floor. Extend arms to sides below shoulders level, elbows bent to 90° with palms facing up.

Movement

While attempting to maintain forearm contact with floor, slide arms upward, squeezing shoulder blades together. Once forearm can no longer keep contact with the floor, slowly return to start position and repeat prescribed repetitions and sets.

Sets 3 **Time** 0 **Freq** 3x/week **Comments**
Reps 10 **Rest** 30

Fri	Sun	Tue	Thu	Sat	Mon	Wed	Fri	Sun	Tue	Thu	Sat	Mon	Wed
Fri	Sun	Tue	Thu	Sat	Mon	Wed	Fri	Sun	Tue	Thu	Sat	Mon	Wed

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MB1116: Brugger Postural Upper Body for Patient, FHC

Exercise 5 of 6

Category Exercise
Body Part Mid Back
Rehab Level Beginner
Equipment No Equipment

Muscle(s) rhomboid minor, rhomboid major, deltoid - lateral
Purpose Increase shoulder strength and muscular endurance.
Benefit Improved stability, functional strength and injury prevention.



Starting Position

Stand up straight with your hands at your sides.



Movement

Begin by bending your elbows to 90 degrees as you rotating your shoulders externally. Pull your shoulders back and down as you gently retract your head. Slowly return to start position and repeat for recommended sets and reps.

Instructions/Calendar: Continue as Needed

Sets 3 **Time** 0 **Freq** 3x/week **Comments**
Reps 10 **Rest** 30

Fri	Sun	Tue	Thu	Sat	Mon	Wed	Fri	Sun	Tue	Thu	Sat	Mon	Wed
Fri	Sun	Tue	Thu	Sat	Mon	Wed	Fri	Sun	Tue	Thu	Sat	Mon	Wed

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SH5122: Single Arm Doorway Stretch for Patient, FHC

Exercise 6 of 6

Category Stretch	Muscle(s) pec major - sternal head, pec major - clavical head, coracobrachialis, Shoulders, Chest
Body Part Shoulder	Purpose Correct shoulder imbalances and restore function.
Rehab Level Beginner	Benefit Increases flexibility, improves joint range of motion, and improves circulation.
Equipment No Equipment	



Starting Position

Place forearm on wall, or doorway, with elbow bent at 90°. Elbows should be slightly below shoulder level.

Movement

While maintaining forearm contact, lean body into doorway until gentle stretch is felt in the chest and shoulder. Hold for 20-30 seconds or for recommended duration and repetitions.

Instructions/Calendar: Continue as Long as Needed

Sets 1 **Time** 30sec **Freq** Daily **Comments**
Reps 3 **Rest** 0

Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu
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