

SH6118: Thoracic Spine Foam Roll Myofascial Release for Patient, FHC

Exercise 1 of 8

Category Myofascial Release **Muscle(s)** rhomboid major, rhomboid minor, trapezius lower, trapezius middle, Shoulders
Body Part Shoulder **Purpose** Deep tissue massage to correct muscular imbalances.
Rehab Level Beginner **Benefit** Improved flexibility, decreased muscle tension, and pain relief.
Equipment Foam Roll



Starting Position

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



Movement

Lift hips off floor. Gently 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 as instructed.

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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SH1103: Floor Angels for Patient, FHC

Exercise 2 of 8

Category Exercise
Body Part Shoulder
Rehab Level Beginner
Equipment No Equipment

Muscle(s) deltoid - lateral, supraspinatus, pec major - clavical head, trapezius middle, trapezius lower, Shoulders
Purpose Increase shoulder strength and muscular endurance.
Benefit Improved stability, functional strength and injury prevention.



Starting Position

Begin lying face up on floor. Bend knees with feet flat on floor. Place arms to sides below shoulders level, with elbows bent to 90° and 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.

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

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NK1110: Head Retraction for Patient, FHC

Exercise 3 of 8

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

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MB2001: Blackburn T on Ball for Patient, FHC

Exercise 4 of 8

Category Exercise
Body Part Mid Back
Rehab Level Beginner
Equipment Stability Ball

Muscle(s) triceps brachii, Upper Arms, Shoulders
Purpose Increase shoulder strength and muscular endurance.
Benefit Improved stability, functional strength and injury prevention.



Starting Position

Begin kneeling resting chest on ball. Arms should be extended to sides at shoulder level with hands at 9 and 3 o'clock position. Make hands into a soft fist with thumbs up.



Movement

Lift hands and arms toward ceiling. Then squeeze shoulder blades together. Neck muscles should remain relaxed. Hold for 5 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 5 **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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MB2004: Blackburn W on Ball for Patient, FHC

Exercise 5 of 8

Category Exercise
Body Part Mid Back
Rehab Level Beginner
Equipment Stability Ball

Muscle(s) infraspinatus, Shoulders, teres minor, trapezius middle
Purpose Increase shoulder strength and muscular endurance.
Benefit Improved stability, functional strength and injury prevention.



Starting Position

Position body on stability ball contacting pelvic/abdominal area. Extend legs with toes touching the floor. Arms should be elevated, with elbows slightly below shoulder level, and bent to 90°.



Movement

Activate core muscles. Bring arms back as you squeeze shoulder blades, contracting mid-back muscles. Do not extend low back. Return to start position. Repeat for prescribed repetitions and sets.

Instructions/Calendar: 07/07/2017 - 08/04/2017 (4 weeks)

Sets 3 **Time** 0 **Freq** Daily **Comments**
Reps 5 **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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MB3128: Seated Rows on Ball for Patient, FHC

Exercise 6 of 8

Category	Exercise	Muscle(s)	deltoid - posterior, latissimus dorsi, infraspinatus, teres minor, rhomboid major, Upper Back
Body Part	Mid Back	Purpose	Increase mid back strength and muscular endurance.
Rehab Level	Intermediate	Benefit	Improved stability, functional strength and injury prevention.
Equipment	TheraBand, Stability Ball		



Starting Position

Begin seated on exercise ball with feet flat on floor. Maintain proper sitting posture with shoulders back. Anchor one end of the resistance band around stable object, grasping the other end with each hand and arms slightly extended.

Movement

Activate core muscles. Pull elbows back just past body with a rowing motion. Simultaneously squeeze the shoulder blades and contract mid-back muscles. Do not round low back. Return to start position. Do not round shoulders forward. Repeat for prescribed repetitions and sets.

Instructions/Calendar: Continue as Needed

Sets 3 **Time** 0 **Freq** 3x/day **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

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SH5130: Stability Ball Flexion Stretch for Patient, FHC

Exercise 7 of 8

Category Stretch
Body Part Shoulder
Rehab Level Beginner
Equipment Stability Ball

Muscle(s) latissimus dorsi, deltoid - posterior, pec major - sternal head, teres major, triceps brachii, Shoulders, Upper Arms
Purpose Correct shoulder imbalances and restore function.
Benefit Increases flexibility, improves joint range of motion, and improves circulation.



Starting Position

Begin kneeling in front of stability ball. Place one arm on top of ball with opposite arm supporting upper body.



Movement

Gently lower shoulders downward as arm on stability ball extends allowing shoulder to stretch. Hold for 30 seconds. Repeat for prescribed repetitions and sets. Alternate sides as directed.

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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SH5102: Chest Stretch at 90° for Patient, FHC

Exercise 8 of 8

Category Stretch
Body Part Shoulder
Rehab Level Beginner
Equipment No Equipment

Muscle(s) pec major - sternal head, Chest
Purpose Correct muscular imbalances and restore range of motion.
Benefit Increases flexibility, improves mobility and joint function.



Starting Position

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

Movement

While maintaining forearm contact, rotate body away 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 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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