



Anterior C/S Isometric

Place hand on forehead keeping head in neutral position and shoulders relaxed.
Gently push head straight forward into hand without allowing any movement of the head.
Gradually build tension and hold.
Repeat in at least 3 different angles.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Wall Slides / Scap. Retraction

Sitting on a stool with back against wall, arms raised overhead.
Keeping forearms and back of hands in contact with the wall at all times, slowly slide arms down wall as you squeeze shoulder blades together.

Sets:	1-3
Reps:	10-15
Weight:	
Hold:	5 sec
Rest:	5 sec
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Shoulder Retraction

Sitting or standing in readiness position. Hold tubing out in front at chest level keeping elbows straight and palms facing down. Pull tubing straight back by squeezing through the mid back and shoulder blades. Hold, return to start and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60 sec
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Wall Push Ups

Standing in readiness position about 3 feet from wall holding ball against wall.
Perform push ups on ball while maintaining postural alignment.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Cross Crawl Quadruped

On hands and knees, maintain abdominal hollow and keep back flat.
Slowly extend one leg behind while at the same time extending opposite arm out in front until parallel with floor.
Keep trunk square and stable.
Return arm and leg to floor and alternate.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Half Front Plank - Knees

Support body in a half plank position with forearms shoulder width apart and knees together. Keep a straight line through the knee, hip and shoulder. Maintain abdominal hollow.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31