

Ladner Village Physiotherapy
105-4841 Delta Street
Delta, BC, V4K 2T9

1 Set / 1 Rep / 10 s hold



1. Cervical flexion stretch, hands behind head in sitting; 01

Sit upright in a chair.

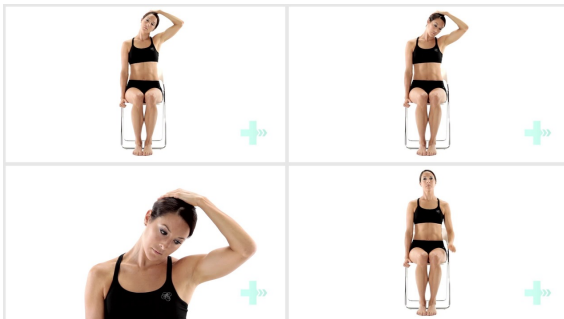
Keeping your back straight, look down at your lap, dropping your chin to your chest.

Place both hands behind your head, and gently apply some pressure to pull your chin further in to your chest.

You should feel a stretch down your neck and back.

Hold this position.

1 Set / 1 Rep / 10 s hold



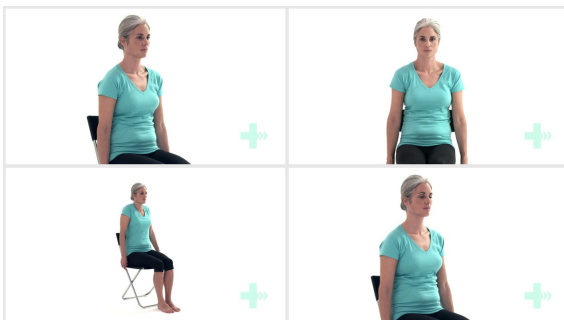
2. Cervical upper trapezius into levator scapulae stretch, in sitting; 02

Start in a seated position.

Take you hand, place it on your head and gently pull your ear towards your shoulder and hold.

Then angle the head looking down towards the knee and gently pull the head with comfortable tension.

5 Sets / 1 Rep

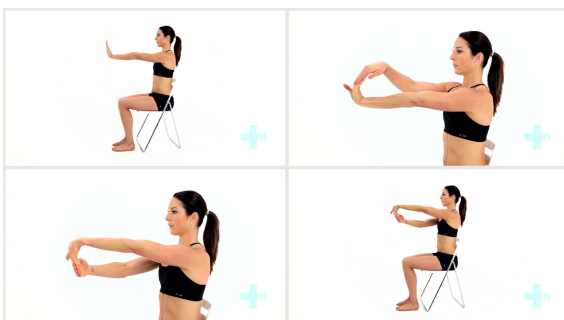


3. Shoulder circles (bilateral), arms at sides in sitting; 02

Sit upright in a chair and shrug your shoulders up to your ears, then roll them back and downwards, squeezing your shoulder blades together.

This exercise is very important for maintaining good posture, and mobility in your shoulders and upper back.

1 Set / 1 Rep / 10 s hold



4. Wrist/finger extension passive stretch with pronation/supination, in sitting; 01

Sit in a chair.

Take your arm out in front of you.

With your opposite hand, pull back four fingers.

Leave the thumb out of the stretch.

Hold this position.

Turn your hand over and pull down on the fingers.

Pull down and back on the fingers again, leaving the thumb out of the stretch.

Keep your elbow straight.



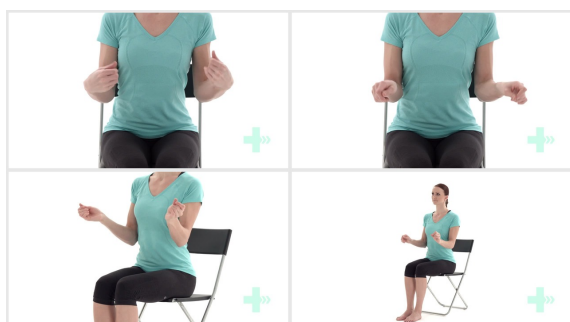
5. Wrist extension passive stretch lowering hands, palms together in sitting; 01

Sit upright in a chair.
Bring your palms together in front of you and close to your chest.
Gradually lower your hands, keeping the palms of your hands together.
Hold this position in a stretch.



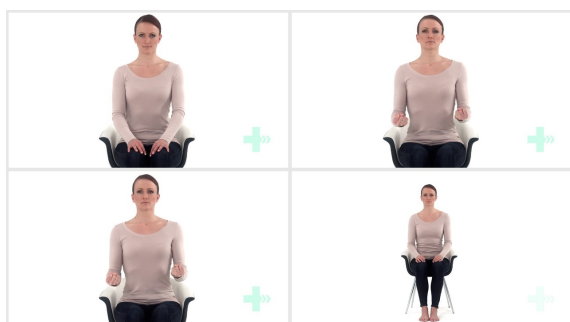
6. Wrist/finger flexor stretch, palms together fingers pointing down in sitting; 01

Sit or stand up straight and place your palms and fingers together.
Turn your hands so that your fingers point down and away from you.
Keeping the tips of your fingers and thumbs together, move your palms apart and spread your fingers.
Keeping your palms apart and fingers spread, press the inside of your knuckles back together.
You should feel a stretch in the front of your wrists and in your hands.
Move your hands apart again and then repeat.



7. Wrist circumduction AROM circles CW CCW, arms bent in sitting; 01

Start in a seated position.
Using both arms roll your wrists one direction, then the other.
Rotate in circles as far as comfortably possible.



8. Relaxation contract/hold/relax hands into fists, in sitting; 01

Make 2 strong fists, clenching as hard as you can; hold this position for 5 seconds.
Then open your hands as wide as you can, spreading your fingers out; hold this position for 5 seconds.