THE HEALTHYspine

BEFORE PREFORMING ANY OF THE FOLLOWING EXERCISES:

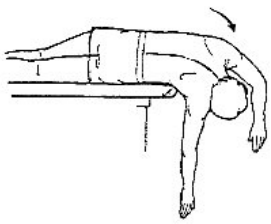
Please follow the doctor's instructions very carefully to prevent injury and gain the maximum benefit from your rehabilitative exercises. Only address the specific exercises which the doctor has indicated. Also, never begin any new exercise program or stretching regiment without first consulting your doctor.

Upper Trunk

012.002.03

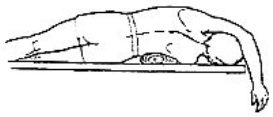
Upper Trunk
Lateral Flexion

012.002.04



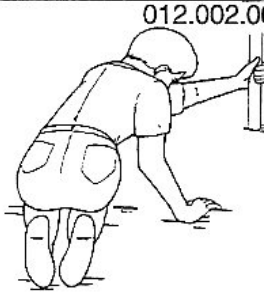
Upper Trunk
Lateral Flexion

012.002.05



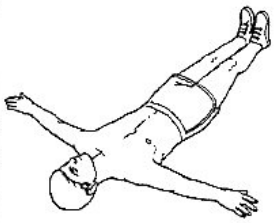
Upper Trunk
Lateral Flexion

012.002.0



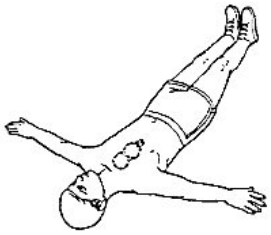
Upper Trunk
Lateral Flexion

012.015.01



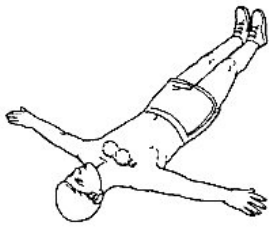
Upper Trunk
Extension

012.015.02



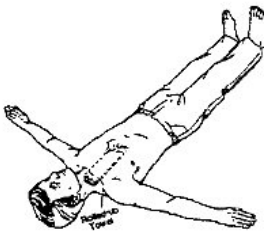
Upper Trunk
Extension

012.015.03



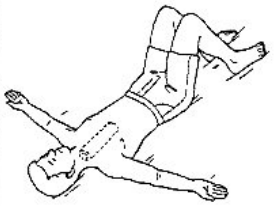
Upper Trunk
Extension

012.015.4



Upper Trunk
Extension

012.015.42

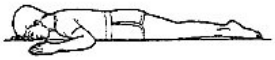


Upper Trunk
Extension

012.015.43

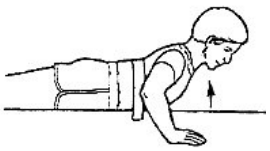
Upper Trunk
Extension

012.015.44



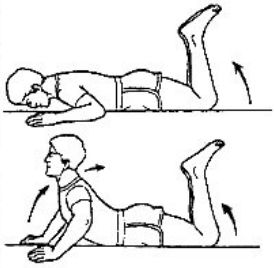
Upper Trunk
Extension

012.015.45



Upper Trunk
Extension

012.015.46

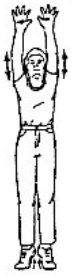


Upper Trunk
Extension

012.015.47

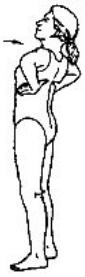
Upper Trunk
Extension

012.015.48



Upper Trunk
Extension

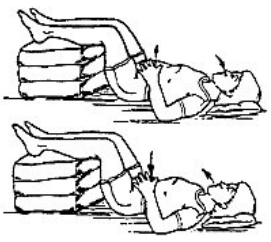
012.015.49



Upper Trunk
Extension

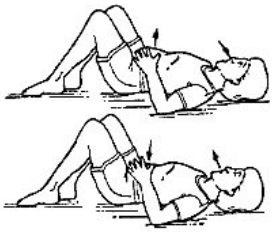
Miscellaneous

012.123.01



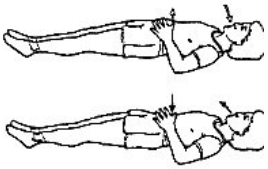
Upper Trunk
Breathing

012.123.02



Upper Trunk
Breathing

012.123.0



Upper Trunk
Breathing

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Physiotherapy
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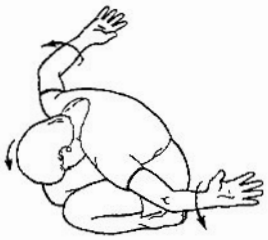
012.001.01

Upper Trunk Flexion

1. Assume squatting position shown
2. Slump shoulders forward, rounding your back
3. Hold _____ seconds
4. _____ repetitions, _____ times per day

012.001.02



Upper Trunk Flexion

1. Assume position shown
2. Tuck head downward, and rotate shoulders up behind your back as shown
3. Hold _____ seconds
4. _____ repetitions, _____ times per day

012.002.01

Upper Trunk Lateral Flexion

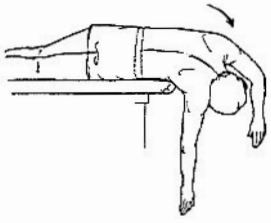
1. Sit or stand with hands clasped behind head as shown
2. Raise tip of _____ elbow upward as you move tip of other elbow downward
3. Bend without allowing hips to move so you feel a stretch in upper back
4. Hold _____ seconds
5. _____ repetitions, _____ times per day

012.002.03

Upper Trunk Lateral Flexion

1. Stand or lie on your belly
2. Clasp hands behind head as shown
3. Tip _____ elbow upward, and opposite elbow downward, without leaning your whole body sideways
4. You should feel the stretch more in the upper back than in the lower back
5. Hold _____ seconds
6. _____ repetitions, _____ times per day

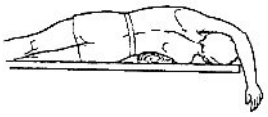
012.002.04



Upper Trunk Lateral Flexion

1. Lie on _____ side over edge of table
2. Allow upper arm to sag overhead as shown
3. Hold _____ seconds
4. _____ repetitions, _____ times per day

012.002.05



1. Lie on _____ side over rolled up blanket as shown
2. Reach overhead with top arm
3. Hold _____ seconds/minutes
4. _____ repetitions, _____ times per day

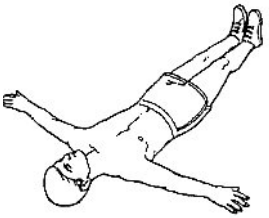
Upper Trunk
Lateral Flexion

012.002.06

1. Hold onto object with _____ hand, as shown
2. Sit back onto heels
3. Hold ___ seconds
4. ___ repetitions, ___ times per day

Upper Trunk
Lateral Flexion

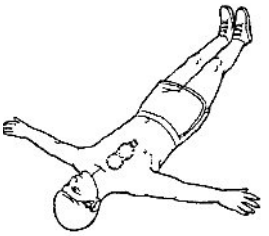
012.015.01



1. Lie flat on back with arms out to side as shown
2. Hold _____ seconds
3. _____ repetitions, _____ times per day

Upper Trunk
Extension

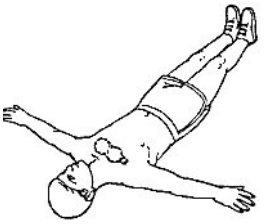
012.015.02



1. Place one or two racquetballs or tennis balls in sock as shown
2. Lie on back with sock aligned as instructed by exercise provider
3. Hold _____ seconds/minutes
4. _____ repetitions, _____ times per day

Upper Trunk
Extension

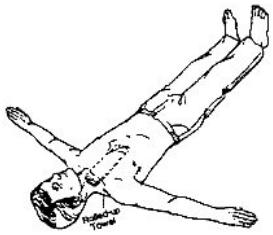
012.015.03



1. Place two racquetballs or tennis balls in sock as shown
2. Lie on back with sock aligned as instructed by exercise provider
3. Hold _____ seconds/minutes
4. _____ repetitions, _____ times per day

Upper Trunk
Extension

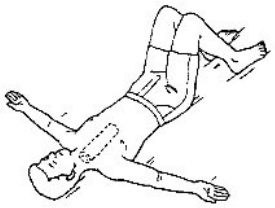
012.015.41



1. Roll a small towel so that it makes a firm roll 2-3 inches thick
2. Lie on back with towel aligned as instructed by exercise provider
3. Hold _____ seconds/minutes
4. _____ repetitions, _____ times per day

Upper Trunk Extension

012.015.42



1. Roll a small towel so that it makes a firm roll 2-3 inches thick
2. Lie on back with towel aligned as instructed by exercise provider
3. Hold _____ seconds/minutes
4. _____ repetitions, _____ times per day

Upper Trunk Extension

012.015.43

1. Roll a small towel so that it makes a firm roll 2-3 inches thick
2. Lie on back with towel aligned under back as instructed
3. Hold _____ seconds/minutes
4. _____ repetitions, _____ times per day

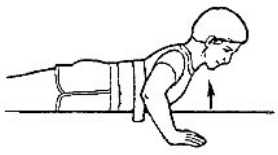
Upper Trunk Extension

012.015.44

1. Lie flat on belly as shown
2. Turn head to side or place a small towel under forehead for comfort
3. Position of the arms may be varied
4. Hold _____ seconds/minutes
5. _____ repetitions, _____ times per day

Upper Trunk Extension

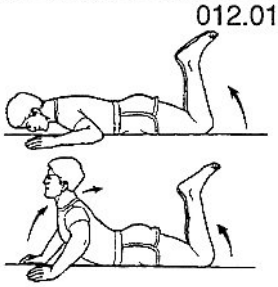
012.015.45



1. Assume position shown, with strap anchored below waist
2. Straighten arms to press trunk upward until you feel a stretch
3. Hold _____ seconds
4. _____ repetitions, _____ times per day

Upper Trunk Extension

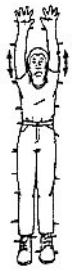
012.015.46



Upper Trunk Extension

1. Assume position shown as though you are beginning a push-up, except bend knees as shown
2. Keeping pelvis flat on floor, straighten arms to press trunk upward until you feel a stretch
3. Hold _____ seconds
4. _____ repetitions, _____ times per day

012.015.47



Upper Trunk Extension

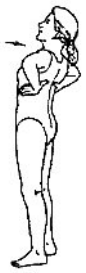
1. Stand with arms overhead as shown
2. Stretch, as though you are trying to make yourself taller
3. Hold _____ seconds
4. _____ repetitions, _____ times per day

012.015.48

Upper Trunk Extension

Stand on tip toes, arms overhead as shown
2. Reach upward as though trying to make yourself taller
3. Hold _____ seconds
4. _____ repetitions, _____ times per day

012.015.49



Upper Trunk Extension

1. Place thumbs firmly against upper back as shown (place at a specific level if instructed by exercise provider)
2. Bend backward until you feel a stretch
3. Hold _____ seconds
4. _____ repetitions, _____ times per day