



Activity	Exercises
Warm up	<ul style="list-style-type: none">• Shoulder rolls• Posterior Shoulder stretch• Seated Overhead reach and stretch• Standing lumbar rotation stretch• Standing Lumbar Extension
Measuring Warp	<ul style="list-style-type: none">• Transverse Abdominis• Scap Retraction• Shoulder IR• Shoulder ER• Posterior shoulder stretch• Shoulder rolls• Seated thoracic extension
Sleying a Reed and Threading	<ul style="list-style-type: none">• Shoulder rolls• Upper trap stretch• Levator stretch• Pelvic tilts• Shoulder rolls• Posterior shoulder stretch• Chest and bicep stretch
Beaming	<ul style="list-style-type: none">• Pec stretch• Wrist flexion stretch• Wrist extension stretch• Chest and bicep stretch• Seated thoracic extension• Wall Scap retraction• Shoulder rolls
Tie up	<ul style="list-style-type: none">• Thoracic extension• Lumbar extension• Hip flexor stretch• Cat /camel• Shoulder rolls• Posterior shoulder stretch• Wrist flexion

Therapeutic Associates Gresham Physical Therapy

283 NW Miller Ave. | Gresham, OR 97030
(503) 666-7644 (p) | (503) 674-9980 (f) | greshampt@taipt.com

	<ul style="list-style-type: none"> Wrist extension stretch
Weaving	<ul style="list-style-type: none"> Chest and biceps stretch Side bend stretch Hamstring stretch Cat/camel Piriformis stretch Pelvic tilts Lumbar extension stretch Seated Thoracic flexion and rotation
Repetitive Wrist/Hand Movement	<ul style="list-style-type: none"> Wrist circles Wrist alphabet Seated forearm pronation supination AROM Wrist flexion stretch Wrist extension stretch Pec stretch Chest and bicep stretch

STEP 1



STEP 2



Standing Backward Shoulder Rolls

REPS: 10 | SETS: 2 |

Setup

- Begin in a standing upright position with your arms at your sides.

Movement

- Gently roll your shoulders backwards. Repeat this movement.

Tip

- Make sure to maintain good posture during the exercise.

STEP 1



Standing Shoulder Posterior Capsule Stretch

SETS: 3 | HOLD: 30 sec |

Setup

- Begin in a standing upright position.

Movement

- Raise one arm in front of your body, with your thumb pointing up. Grasp the outside of your arm with your other arm and apply a gentle pressure until you feel a stretch.

Tip

- Make sure to maintain good posture during the exercise.

STEP 1



STEP 2



Seated Overhead Reach Stretch

REPS: 5 | HOLD: 10-30 |

Setup

- Begin sitting upright in a chair.

Movement

- Straighten your arms out in front of you with your elbows straight and fingers interlocked, then raise them overhead, feeling a stretch in your shoulders.

Tip

- Make sure to breathe deeply during the stretch.

STEP 1



STEP 2



Standing Lumbar Rotation Stretch

REPS: 10 | SETS: 2 |

Setup

- Begin in a standing upright position with your arms crossed over your chest.

Movement

- Slowly rotate your body to one side until you feel a stretch in your back. Hold briefly, then repeat to the other side.

Tip

- Try not to arch your back during the exercise, and move your head and your trunk at the same time.

STEP 1



Seated Transversus Abdominis Bracing

REPS: 10 | HOLD: 5-10 |

Setup

- Begin sitting in an upright position with your hands on your lower abdominals.

Movement

- Slowly draw your navel in toward your spine, bracing your deep abdominal muscles. Hold, then relax and repeat.

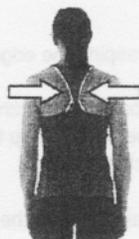
Tip

- Make sure to sit tall throughout the exercise. Avoid bending your trunk forward and do not hold your breath.

STEP 1



STEP 2



Standing Scapular Retraction

REPS: 10 | HOLD: 5-10 |

Setup

- Begin in a standing upright position with your arms resting at your sides.

Movement

- Gently squeeze your shoulder blades together, then relax them and repeat.

Tip

- Make sure to keep your back relaxed and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



STEP 3



Seated Thoracic Flexion and Rotation with Arms Crossed

REPS: 10 | HOLD: 5 |

Setup

- Begin sitting upright in a chair. Cross your arms in front of you, placing one arm on each shoulder.

Movement

- Bend forward, hinging at your mid-back, then slowly rotate your trunk to one side, then return to center and rotate to the other side.

Tip

- Make sure to keep your movements slow and controlled.

STEP 1



STEP 2



Shoulder Internal Rotation with Resistance

REPS: 10 | SETS: 3 |

Setup

- Begin in a standing upright position with your elbow bent at 90 degrees and a towel roll tucked under your arm, holding a resistance band. The anchor point should be on the side closest to your bent arm.

Movement

- Slowly rotate your arm inward.

Tip

- Make sure to keep your hips and shoulders facing forward and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 2



Shoulder External Rotation with Anchored Resistance

REPS: 10 | SETS: 3 |

Setup

- Begin standing upright with your elbow bent at 90 degrees and a towel roll tucked under your arm, holding a resistance band that is anchored out to your opposite side.

Movement

- Rotate your arm out to your side, pulling against the resistance, then slowly return to the starting position and repeat.

Tip

- Make sure to keep your hips and shoulders facing forward and maintain a gentle chin tuck. Do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Seated Cervical Sidebending Stretch

SETS: 3 | HOLD: 20-30 |

Setup

- Begin sitting in an upright position.

Movement

- Use one hand to tilt your head sideways, pulling your ear toward one shoulder until you feel a stretch in the opposite side of your neck, and hold.

Tip

- Make sure to keep your back straight and do not let your head rotate, or bend forward or backward.

STEP 1



STEP 2



Seated Levator Scapulae Stretch

SETS: 3 | HOLD: 30 sec |

Setup

- Begin sitting upright in a chair, grasping the edge with one hand.

Movement

- Rotate your head to the side opposite your anchored arm, then tuck your chin towards your chest. With your free hand, grasp the back of your head and gently pull it downward until you feel a stretch and hold.

Tip

- Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



Seated Pelvic Tilt

REPS: 15 | SETS: 2 |

Setup

- Begin sitting upright in a chair with your hands on your hips.

Movement

- Gently tilt your pelvis backward, then return to a neutral position, and tilt it forward. Repeat, monitoring the movement with your hands.

Tip

- Make sure to keep your upper back relaxed during the exercise, and focus the movement just on your pelvis.

STEP 1



STEP 2



Pelvic Tilt on Swiss Ball

REPS: 15 | SETS: 2-3 |

Setup

- Begin sitting upright on a swiss ball.

Movement

- Keeping your shoulders and upper body still, roll the ball backward and forward by moving just your pelvis.

Tip

- Focus on the movement occurring just at your pelvis, and try not to let your upper back slump during the exercise.

STEP 1



STEP 2



STEP 3



Doorway Pec Stretch at 90 Degrees Abduction

SETS: 3 | HOLD: 30 |

Setup

- Begin in a standing upright position in the center of a doorway.

Movement

- With your elbows bent, place your forearms on the sides of the doorway at a 90 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

Tip

- Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Supine Chest Stretch on Foam Roll

SETS: 2 | HOLD: 30 sec | WEEKLY: 7x | DAILY: 1x

Setup

- Begin lying with your knees bent and a foam roll positioned vertically along the middle of your back, hands resting on your stomach.

Movement

- Slowly move your arms straight out to your sides, then return to the starting position and repeat.

Tip

- Make sure your back is laying flat against the foam roll.

STEP 1



STEP 2



Seated Wrist Flexion Stretch

SETS: 3 | HOLD: 20-30 |

Setup

- Begin sitting upright in a chair.

Movement

- Lift your arm straight in front of you with your palm facing down, then gently press on the back of your hand down and toward your arm. Hold this position. You should feel a stretch on the top of your forearm.

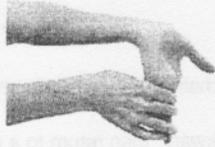
Tip

- Make sure not to apply too much pressure during the exercise, this should be a gentle stretch.

STEP 1



STEP 2



Seated Wrist Extension Stretch

SETS: 3 | HOLD: 20-30 |

Setup

- Begin sitting upright in a chair.

Movement

- Lift your arm straight in front of you with your palm up, then gently press your palm down and back toward your arm. Hold this position. You should feel a stretch on the bottom of your forearm.

Tip

- Make sure not to apply too much pressure during the exercise, this should be a gentle stretch.

STEP 1



Wall Scapular Retraction

SETS: 5 | HOLD: 15-30 |

Setup

- Leaning against wall with knees soft/bent and low back touching the wall.
- Hands and elbows should also be touching the wall

Movement

- Move hands up/down as far as you can without pain (and without letting your low back move away from the wall).

Tip

- Don't let low back arch
- Don't let head or chin move forward (keep chin slightly tucked toward's adam's apple)

STEP 1



STEP 2



Seated Thoracic Lumbar Extension

REPS: 10 | SETS: 2 | HOLD: 3 |

Setup

- Begin in a sitting upright position with your arms crossed over your chest.

Movement

- Slowly arch your trunk backwards and hold, then return to an upright position a repeat.

Tip

- Keep your movements slow and controlled. Do not move through pain.

STEP 1



STEP 2



Seated Thoracic Extension Arms Overhead

REPS: 10 | SETS: 3 | WEEKLY: 7x | DAILY: 1x

Setup

- Begin sitting upright in a chair with a straight back that goes midway up your back.

Movement

- Clasp your hands overhead and slowly lean backwards, arching your back over the back of the chair, and hold.

Tip

- Make sure not to slide forward on the chair.

STEP 1



STEP 2



Thoracic Extension at Wall

REPS: 10 | SETS: 2 | HOLD: 5 |

Setup

- Bend at the hips, extend straight arms overhead, and place them on the wall

Movement

- Moving through the upper back, round your spine upward, then press it down toward the ground
- Repeat this motion

Tip

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STEP 1



STEP 2



Seated Hip Flexor Stretch

SETS: 3 | HOLD: 30 |

Setup

- Begin sitting upright in a chair.

Movement

- Move to the side of the chair and extend your leg back backward. Gently rock your pelvis forward to feel a stretch in the front of your hip.

Tip

- Make sure to maintain good posture and hold onto the chair or another sturdy object for balance.

STEP 1



STEP 2



Hip Flexor Stretch with Chair

SETS: 3 | HOLD: 30 |

Setup

- Begin in a standing position with one leg resting on a table or chair and the leg to be stretched resting on the ground.

Movement

- Keeping your back straight and upright, squeeze your bottom, and slowly shift your weight forward until you feel a stretch in the front of your hip.

Tip

- Make sure to keep your hips and shoulders facing forward, and do not arch your low back.

STEP 1



STEP 2



Standing Lumbar Extension

REPS: 10 | SETS: 3 |

Setup

- Begin in a standing upright position with your hands resting on your hips.

Movement

- Slowly arch your trunk backwards and hold.

Tip

- Make sure to maintain your balance during the exercise and do not bend your knees.

STEP 1



STEP 2



Standing Hamstring Stretch on Chair

SETS: 3 | HOLD: 30 |

Setup

- Begin in a standing upright position with a chair or step in front of your body.

Movement

- Lift one leg to rest your heel on the chair with a very slight bend in your knee. Bending at your hips, lean your trunk forward until you feel a stretch in the back of your upper leg and hold.

Tip

- Make sure to keep your back straight during the stretch.

STEP 1



STEP 2



Side Bend Stretch

REPS: 10 | HOLD: 10 |

Setup

- Begin in a standing upright position with your arms clasped straight overhead.

Movement

- Slowly lean toward one side until you feel a stretch and hold.

Tip

- Make sure to keep your hips level and maintain your balance during the stretch. Do not let your trunk bend forward or backward.

STEP 1



STEP 2



Wrist Alphabet

SETS: 2 |

Setup

- Begin sitting with your arm resting on a table at your side, and your hand in a fist with your palm facing down

Movement

- Slowly trace the letters of the alphabet with your hand.

Tip

- Make sure to keep the movement focused on your wrist. The rest of your arm should be relaxed.

STEP 1



STEP 2



Seated Forearm Pronation Supination AROM

REPS: 10 | SETS: 3 |

Setup

- Begin sitting upright with your arm resting on a table, palm up.

Movement

- Rotate your forearm so your palm is facing down. Then return to the starting position and repeat.

Tip

- Make sure to keep your shoulder relaxed during the exercise.

STEP 1



STEP 2



Seated Figure 4 Piriformis Stretch

SETS: 3 | HOLD: 30 |

Setup

- Begin sitting upright in a chair with both feet on the ground. Bring the ankle of one leg up onto the knee of your opposite leg.

Movement

- Apply a gentle pressure with one hand on the top of your bent knee, and lean forward until you feel a stretch in your buttocks. Relax, then repeat.

Tip

- Make sure to keep your shoulders relaxed and back straight during the exercise.

STEP 1



STEP 2



Seated Passive Cervical Retraction

REPS: 10 | HOLD: 5 |

Setup

- Begin sitting in an upright position.

Movement

- Place two fingers on your chin and gently push your chin directly backward, then repeat.

Tip

- Make sure to maintain good posture during the exercise.