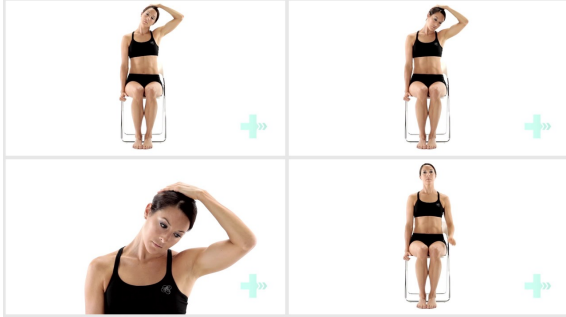


Morinville Physical Therapy  
 Unit 17, 8807 100 Street  
 Morinville AB, T8R 1V5

3 Sets / 5 Reps / 30 s hold



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

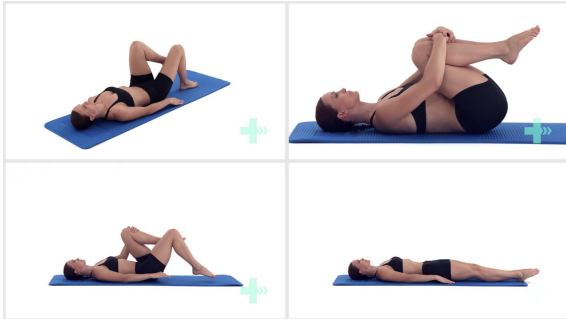
Start in a seated position.

Take your 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.

*Remember no symptoms with respect to the nerve when stretching.*

3 Sets / 5 Reps / 45 s hold



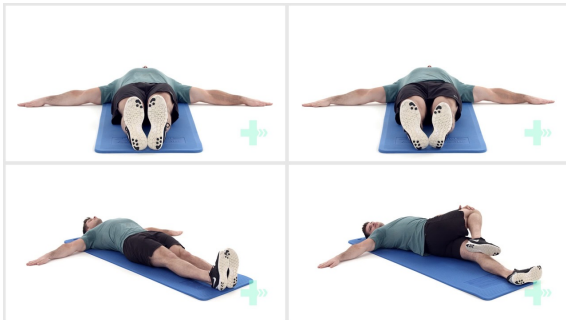
**2. Supine knee hugs**

Lie on your back.

Draw one foot up and then the other.

Bring one knee in towards your chest and then the other, using your hands for assistance to curl yourself in to a ball.

3 Sets / 5 Reps / 30 s hold



**3. Spine rotation - single leg supine**

Lie on your back with your legs extended and your feet together and your arms stretched out to the sides in a "T" position, with your palms facing downwards.

Keep your head in contact with the mat for the duration of the exercise and perform at a slow controlled pace.

Start by rolling towards the right from your hips and at the same time bring up your left leg and reach over with the right arm to grasp the outside of your left knee.

Then pull gently upwards to hold in a comfortable stretch for the desired amount of time and then release the knee and return back to the starting position.

Repeat for the opposite side.

Again, roll your body to the left using the hips then raise your right leg and bend at the knee, grasp the outside of your knee with your left hand hold the stretch for the required time and then return to the starting position.

A note of caution, make sure you keep your head in contact with the mat throughout this exercise.



#### 4. Cat and camel pose

Start on your hands and knees with your back in a neutral position.

Arch your back, lifting your head up and pushing your tail bone out, making a dish with your spine.

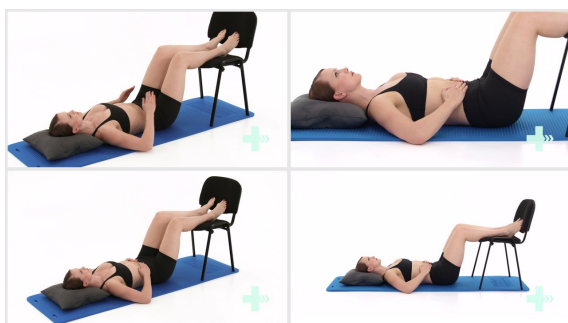
Hold this position.

Next, bend your back up by tucking your head and tail bone in and pulling your belly button in towards your spine, making a curve through your back.

Hold this position, and then repeat.

*Stay within your pain free ROM*

1 Set / 10 Reps / 10 sec duration



#### 5. Diaphragmatic breathing - supine 90/90

Lie on your back with your legs elevated on a chair or bed.

Your hips should be at 90 degrees, as should your knees.

Ensure your head is well supported so that you can relax in this position.

Place your hands on your abdomen, either side of your belly button.

The focus of this exercise is your breathing and diaphragmatic movement.

Breath in.

Imagine the air filling down to the bases of your lungs and round to the back of your rib cage.

As you steadily inhale, you should feel your belly rise into your hands.

Breath out.

Imagine the air being pushed from the base and back of your lungs as it moves further up and finally out of your mouth.

As you exhale you should feel your belly relax down again.

Continue this movement, focussing on your belly rising up as you inhale, and relaxing back down as you exhale.

Do not allow the bottom of your ribs or your back to push upwards as you inhale.

3 Sets / 5 Reps / 45 s hold



#### 6. Ankle calf gastrocnemius stretch, hands on wall in standing; 04

Stand facing a wall, a pole or other support.

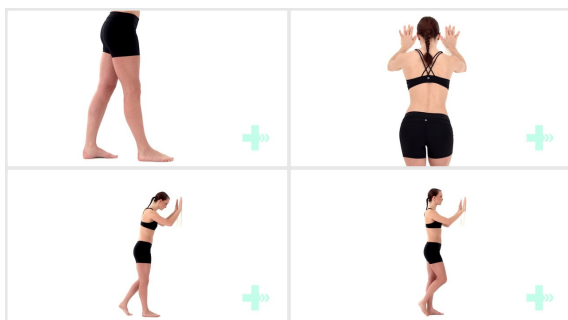
Place both hands on the wall at chest level.

Put one foot behind you and keep that foot flat on the floor.

Bend your other knee and lean in towards the wall.

Repeat on the opposite side.

3 Sets / 5 Reps / 45 s hold



#### 7. Ankle calf soleus stretch, hands on wall in standing; 01

Place both hands against a wall and one foot in from of the other a comfortable distance apart.

Lean in towards the wall and bend both knees and then move back into the stretch.

You should feel a stretch, not pain, in the lower calf or achilles area.