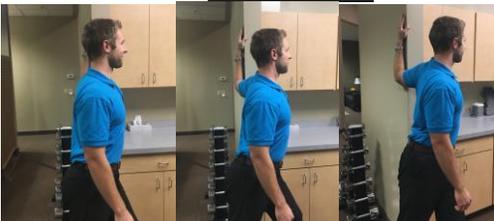


Advanced Spinal Rehab Packet

4535 Hodgson Rd Ste 200 Shoreview, MN 55126

Rehab Packet

Patient Name: _____

Exercise Pictures	Exercise Description	Initials / Notes
<p style="text-align: center;"><u>Pole Pec Stretch</u></p> 	<p>Standing in an upright position, hold the pole in front of the body with the arms straight. Move the pole above the head, then behind the shoulders.</p> <p style="text-align: center;"><i>Repeat exercise 15-20 times</i></p>	
<p style="text-align: center;"><u>Standing Shoulder Stretch</u></p> 	<p>Standing upright with the feet shoulder width apart, place both hands at eye level on the pole. Slowly bend at the waist keeping the hands in the same position. Hold in bottom position for 30-40 seconds. Switch hand positions and repeat.</p> <p style="text-align: center;"><i>Repeat 2-3 times</i></p>	
<p style="text-align: center;"><u>Steering the Boat</u></p> 	<p>Standing upright with the feet shoulder width apart, place both hands at eye level on the pole. Slowly bend at the waist to the left side. Hold for 20-30 seconds. Switch hands and repeat on opposite side.</p> <p style="text-align: center;"><i>Repeat 2-3 times</i></p>	
<p style="text-align: center;"><u>Wall Pec Stretch</u></p> 	<p>Place hand and forearm against wall at 90 degree angle. Move chest forward while moving shoulders back. Hold for 30-40 seconds. Rotate hips away from wall and hold for an additional 30-40 seconds. Switch sides.</p> <p style="text-align: center;"><i>Repeat 2-3 times</i></p>	

<p style="text-align: center;"><u>Chin Tuck</u></p> 	<p>Begin in a seated position. Keeping shoulders back and looking straight ahead, move chin directly back.</p> <p style="text-align: center;"><i>Hold for a couple seconds and release</i></p>	
<p style="text-align: center;"><u>Neck Traction</u></p> 	<p>Adjust to proper height. Align curved pad behind neck and place straight bar on forehead. Standing close to wall, move into a squat-like position placing an appropriate amount of pressure on the neck. Hold for 5-6 seconds.</p> <p style="text-align: center;"><i>Start with 10 reps and gradually increase to 30 reps</i></p>	
<p style="text-align: center;"><u>Mid-Back Mobility Roll</u></p> 	<p>In a seated position, place foam roller above the hips. Inhale, and on the exhale lower head down towards the ground. The goal is for the head to touch the ground. Hold position, take 2 deep breaths, on the final exhale return to upward position. Move foam roller to mid back and repeat. Roll to upper back and repeat.</p>	
<p style="text-align: center;"><u>Toe high Hip Flexor Stretch</u></p> 	<p>Begin in a kneeling position about a foot away from the wall. Lift one leg up and in front with the knee at a 90 degree angle. Lift the back foot up and against the wall at a 45 degree angle. While maintaining upright posture, lunge forward until desired amount of stretch is achieved. Hold for 30-40 seconds.</p> <p style="text-align: center;"><i>Repeat as necessary</i></p>	

<p style="text-align: center;">Ball Squat</p> 	<p>In a standing position, place feet slightly wider than shoulder width apart. Place exercise ball on mid-back, leaning against the ball. Place arms in front with one on top of the other. Slowly lower into a squat position.</p> <p style="text-align: center;"><i>Do as many reps as possible, up to 30</i></p>	
<p style="text-align: center;">Roman Chair</p> 	<p>Starting from position on left image, slowly lower body until image right is achieved. Hold in lower position for 5 seconds, then slowly return to starting position.</p> <p style="text-align: center;"><i>Repeat 10-15 times</i></p>	
<p style="text-align: center;">Straight Leg Dead Lifts</p> 	<p>Begin in a standing position with feet close together and minimal bend in knees. Hold weight in both hands, using a relatively heavy weight. Bending at the hips, allow weight to lower you towards the floor keeping back straight. Hold in lower position for 5 seconds, then slowly return to upright position.</p> <p style="text-align: center;"><i>Repeat 10-15 times</i></p>	
<p style="text-align: center;">Tricep Pushback</p> 	<p>Starting with arm at 90 degrees and back flat, slowly push weight back until arm is parallel to the floor.</p> <p style="text-align: center;"><i>Repeat 10-15 times</i></p>	

<p><u>Bent Over Dumbbell Row</u></p> 	<p>Begin bent over with back straight, using opposite arm to stabilize. Using a moderate weight, let arm hang down towards the floor, then pull weight up until elbow is parallel to the floor.</p> <p><i>Repeat 10-15 times</i></p>	
<p><u>Shoulder External Rotation</u></p> 	<p>Begin with feet shoulder width apart and resistance band tucked under one foot and held in opposite hand. Looking straight ahead, the hand holding the band should begin with palm facing inward and arm straight. Moving arm up and outward, the palm should now face outward, away from the body.</p> <p><i>Repeat 10-15 times</i></p>	
<p><u>Behind Head Pull Aparts</u></p> 	<p>Begin with feet close together, arms straight above the head and holding a resistance band. Move the hands apart, while keeping the arms straight, and ending with arms parallel to the floor.</p> <p><i>Repeat 20 times</i></p>	
<p><u>Hamstring Stretch</u></p> 	<p>Laying flat on the floor next to a wall, move the adjacent leg up so the heel of the foot rests against the wall. Push leg forward into wall until maximum stretch is achieved. Hold this stretch for 7 seconds. Slide hips slightly forward and repeat for 7 seconds. Slide hips slightly forward and repeat for 7 seconds one last time. Switch to the other side and repeat entire exercise.</p> <p><i>Repeat as necessary</i></p>	