

MID-BACK

MB1 ()



Cat-Camel Stretch: ___ reps, ___ sec hold ___ set

Start on hands and knees

Arch back up toward ceiling

Then sag back down toward floor

MB2 ()



Wall Angel: ___ reps ___ sec hold ___ set

Put arms against wall and raise overhead

Keep arms flat against the wall

Squeeze shoulders together when arms are overhead

Release and relax muscles when lowering arms

MB3 ()



Wall Push: ___ reps ___ sec hold ___ set

Body Straight

Add pressure to the fleshy part of the elbows which should be the only thing touching the wall.

MB4 ()



The Bird: ___ reps ___ sec hold ___ set

Put arms at shoulder height move arms backward

Move elbows in small circles

You should feel the muscles between the shoulders fatigue

Perform exercise to tolerance

MB5 ()



Shoulder Square Shrugs: ___reps ___sec hold ___set

- Straight back
- Head in neutral position
- Rotate up and then back
- Do not roll forward –may impinge shoulder
- Inhale then exhale at the peak of motion

MB6 ()



Isometric Shoulder External Rotation: ___ reps, ___ sec hold, ___ set

- Place a rolled towel or pillow between your arm and body
- Grasp the outside of your involved side wrist
- Contract your shoulder moving your elbow outward

MB7 ()



Isometric Shoulder Internal Rotation: ___ reps, ___ sec hold, ___ set

- Place a towel roll between your arm and body
- Grasp the inside of your involved-side wrist
- Contract your shoulder moving your elbow inward

Stretching Guidelines:

- Always stretch to relax your muscles by focusing on isolating the muscle and your breathing.
- Stretch to tolerance with deliberate focus on relaxing the targeted muscle group.
- Do not stretch to the point of pain because pain tightens muscles and defeats the purpose of stretching.
- Move slowly in and out of your stretches, do not make quick or jerky movements and do not bounce with stretching. Hold your stretches for the instructed amount of time, including reps and sets.
- If you have pain, burning, numbing, tingling or any other ill-effects from stretching, *stop ALL stretches* and home therapy recommended by our office and call Dr. Parks at 336.993.9690