Clinician Notes
This is a standard protocol that you may do at home. Do not hesitate to contact crwathletictraining.ecu.edu and arrange an evaluation so we can create a rehab protocol specific for you.

Seated Cervical Retraction
REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup
Begin sitting in an upright position with your feet flat on the floor.

Movement
Gently draw your chin in, while keeping your eyes fixed on something in front of you.

Tip
Make sure that you do not look down as you do this exercise, or bend your neck forward.

Hand AROM Tendon Gliding Series
REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup
Start with your elbow on the table. Your wrist should be straight and your fingers relaxed.

Movement
Straighten all of your fingers as if you were going to give a high five. Then, curl your fingers so your finger tips touch the top of your palm. Go back to the high five position, then flatten your fingers as if you were going to make a hand puppet. Go back to the high five position again, then curl your fingers so your finger tips touch the bottom of your palm. Go back to the high five position one last time, then curl your fingers into a tight fist.

Tip
Keep your movements smooth and slow. Try to keep your wrist straight the whole time.

Thumb AROM Opposition
REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup
Begin sitting upright with your elbow supported on a table with your fingers slightly spread apart.

Movement
Touch the tip of your thumb to the tip of one of finger. Return to the starting position and repeat with the next finger.

Tip
Make sure to keep your wrist straight during the exercise.

Towel Roll Squeeze
REPS: 10 | SETS: 3 | HOLD: 5 SEC | DAILY: 1 | WEEKLY: 7

Setup
Begin sitting with your forearm resting on a table, lightly gripping a rolled towel.

Movement
Gently squeeze the towel with your hand.

Tip
Make sure to keep your forearm and wrist still.
**Seated Wrist Flexion with Dumbbell**

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

You can use a water bottle or can of soup if you do not have any dumbbells available.

**Setup**
Sit with one arm resting on a table, grasping a lightweight dumbbell and palm facing upward.

**Movement**
Curl your wrist towards your body, then slowly return to the starting position.

**Tip**
Make sure to only move your wrist, and avoid any forearm or shoulder movement during the exercise.

**Seated Wrist Extension with Dumbbell**

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

You can use a water bottle or can of soup instead if a dumbbell is not available.

**Setup**
Sit with one arm resting on a table, grasping a lightweight dumbbell and palm facing downward.

**Movement**
Bend your wrist backwards towards your body, then slowly return to the starting position.

**Tip**
Make sure to only move your wrist, and avoid any forearm or shoulder movement during the exercise.

**Seated Wrist Radial Deviation with Dumbbell**

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

You can use a water bottle or can of soup instead if a dumbbell is not available.

**Setup**
Sit with one arm resting on a table, holding a lightweight dumbbell firmly in your hand, fist facing inward.

**Movement**
Slowly bend your wrist, raising the dumbbell upward, then return to the starting position.

**Tip**
Make sure to keep your fist facing the middle of your body.

**Seated Wrist Ulnar Deviation with Dumbbell**

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

You can use a water bottle or can of soup instead if a dumbbell is not available.

**Setup**
Begin sitting upright with your arm at your side and your thumb facing forward, holding the end of a dumbbell with the other end pointing behind you.

**Movement**
Slowly bend your wrist backward, then return to the starting position and repeat.

**Tip**
Make sure to keep the rest of your arm relaxed and do not rotate your forearm during the exercise.

**Superman**

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

**Setup**
Begin lying on your tummy with your arms reaching overhead and legs straight.

**Movement**
Imagine you are flying through the air as you lift your arms, head, chest, and legs off the ground. Hold this position for as long as possible.

**Tip**
Be sure to keep your back and tummy muscles strong to help you hold this position.
**Prone Press Up**
Reps: 10 | Sets: 3 | Daily: 1 | Weekly: 7

Setup
Begin lying on your stomach, with your hands by your shoulders resting flat on the ground.

Movement
Push against the floor with your hands, bending your back upward.

Tip
Make sure to keep your hips in contact with the floor and maintain a gentle chin tuck throughout the exercise.

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**Standing Lumbar Extension**
Reps: 10 | Sets: 3 | Daily: 1 | Weekly: 7

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.

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**Seated Cervical Sidebending Stretch**
Reps: 1 | Sets: 1 | Hold: 60 sec | Daily: 2-3 | Weekly: 7

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.

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**Seated Flexion Stretch with Swiss Ball**
Reps: 1 | Sets: 1 | Hold: 60 sec | Daily: 2-3 | Weekly: 7

You can put your hands on your desk and slide back into your chair

Setup
Begin sitting with a large swiss ball on the floor in front of you and both hands resting on top of the ball.

Movement
Bend your trunk forward so that the ball begins to roll. Continue until you feel a slight stretch in your involved shoulder. Pause briefly and then use your uninvolved arm to guide the ball back to the starting position.

Tip
Avoid rolling the ball so far forward that it causes shoulder pain.

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**Seated Flexion Stretch**
Reps: 1 | Sets: 1 | Hold: 60 secs | Daily: 2-3 | Weekly: 7

Setup
Begin sitting in a chair with your feet on the ground, shoulder width apart.

Movement
Bend forward as far as you can, letting your arms hang toward the floor.

Tip
Make sure to keep your back relaxed during the stretch.
**Corner Pec Major Stretch**
REPS: 1 | SETS: 1 | HOLD: 60SEC | DAILY: 2-3 | WEEKLY: 7

**Setup**
Begin in a standing upright position facing a corner. Place your forearms flat on the wall on each side of the corner with your elbows at shoulder height.

**Movement**
Slowly lean forward, taking a small step if needed, until you feel a gentle stretch in the front of your shoulders. Hold this position.

**Tip**
Make sure to keep your upper back and neck relaxed. Do not shrug your shoulders during the stretch.

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**Standing Wrist Flexion Stretch**
REPS: 1 | SETS: 1 | HOLD: 60 SECS | DAILY: 2-3 | WEEKLY: 7

**Setup**
Begin in a standing upright position with one arm in front of your body, palm facing the floor.

**Movement**
With your other hand, bend your wrist downward until you feel a stretch.

**Tip**
Make sure to keep your elbow straight and try not to apply too much pressure, this should be a gentle stretch.

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**Standing Wrist Extension Stretch**
REPS: 1 | SETS: 1 | HOLD: 60 SECS | DAILY: 2-3 | WEEKLY: 7

**Setup**
Begin in a standing position with one arm in front of your body, palm facing the ceiling.

**Movement**
With your other hand, apply a gentle downward pressure on your fingers, bending your wrist and keeping your elbow straight.

**Tip**
You should feel a stretch in your wrist. Try not to apply too much pressure, this should be a gentle stretch.