

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:)

STEP 1



STEP 2



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.

STEP 1



STEP 2



STEP 3



STEP 4



STEP 5



STEP 6



STEP 7



STEP 8



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 highfive. Then, curl your fingers so your finger tips touch the top of your palm. Go back to the highfive position, then flatten your fingers as if you were going to make a hand puppet. Go back to the highfive position again, then curl your fingers so your finger tips touch the bottom of your palm. Go back to the highfive 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.

STEP 1



STEP 2



STEP 3



STEP 4



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.

STEP 1



STEP 2



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.

STEP 1



STEP 2



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.

STEP 1



STEP 2



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.

STEP 1



STEP 2



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.

STEP 1



STEP 2



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.

STEP 1



STEP 2



STEP 3



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.

STEP 1



STEP 2



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.

STEP 1



STEP 2



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.

STEP 1



STEP 2



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.

STEP 1



STEP 2



Seated Flexion Stretch with Swiss Ball

REPS: 1 | SETS: 1 | HOLD: 60SEC | 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.

STEP 1



STEP 2



Seated Flexion Stretch

REPS: 1 | SETS: 1 | HOLD: 60SECS | 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.

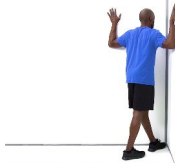
Tip

Make sure to keep your back relaxed during the stretch.

STEP 1



STEP 2



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.

STEP 1



STEP 2



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.

STEP 1



STEP 2



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.