

Patient Name: _____

Diagnosis: _____

Exercise Program:

Per week: 2X 3X | 30 min 45 min 60 min | Aerobic: Walk Treadmill Bike Elliptical



Neck Stretches To The Side

1. This stretch works best if you keep your shoulder down as you lean away from it. To help you remember to do this, start by relaxing your shoulders and lightly holding on to your thighs or your chair.
2. Tilt your head toward your shoulder and hold for 15 to 30 seconds. Let the weight of your head stretch your muscles.
3. Repeat 2 to 4 times toward each shoulder.



Chin Tuck

1. Lie on the floor with a rolled-up towel under your neck. Your head should be touching the floor.
2. Slowly bring your chin toward your chest.
3. Hold for a count of 6, and then relax for up to 10 seconds.
4. Repeat 8 to 12 times.



Active Cervical Rotation

1. Sit in a firm chair, or stand up straight.
2. Keeping your chin level, turn your head to the right, and hold for 15 to 30 seconds.
3. Turn your head to the left and hold for 15 to 30 seconds.
4. Repeat 2 to 4 times to each side.



Shoulder Blade Squeeze

1. While standing, squeeze your shoulder blades together.
2. Do not raise your shoulders up as you are squeezing.
3. Hold for 6 seconds.
4. Repeat 8 to 12 times.



Shoulder rolls

1. Sit or stand comfortably with your feet shoulder-width apart.
2. Roll your shoulders up, then back, and then down in a smooth, circular motion.
3. Repeat 2 to 4 times.

Please keep track of when you perform your exercises on a separate sheet. Plan to discuss your exercise program with your physician at your next office visit.

Signature: _____ **Date:** _____