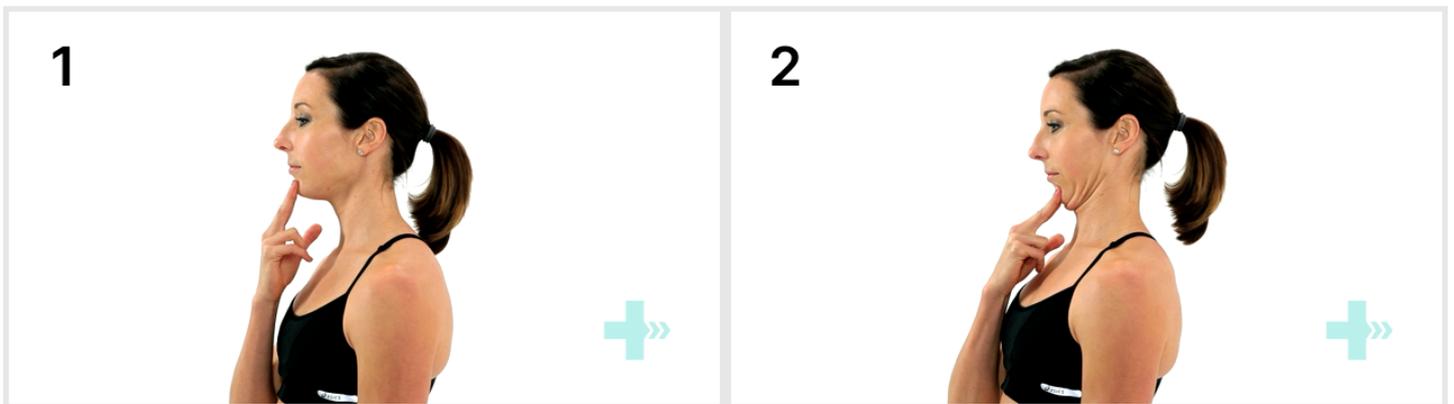


Atomic Pilates &
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14003 S Redwood Rd
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Bluffdale, UT, 84065

1. Cervical retraction strengthening, tucking chin, standing

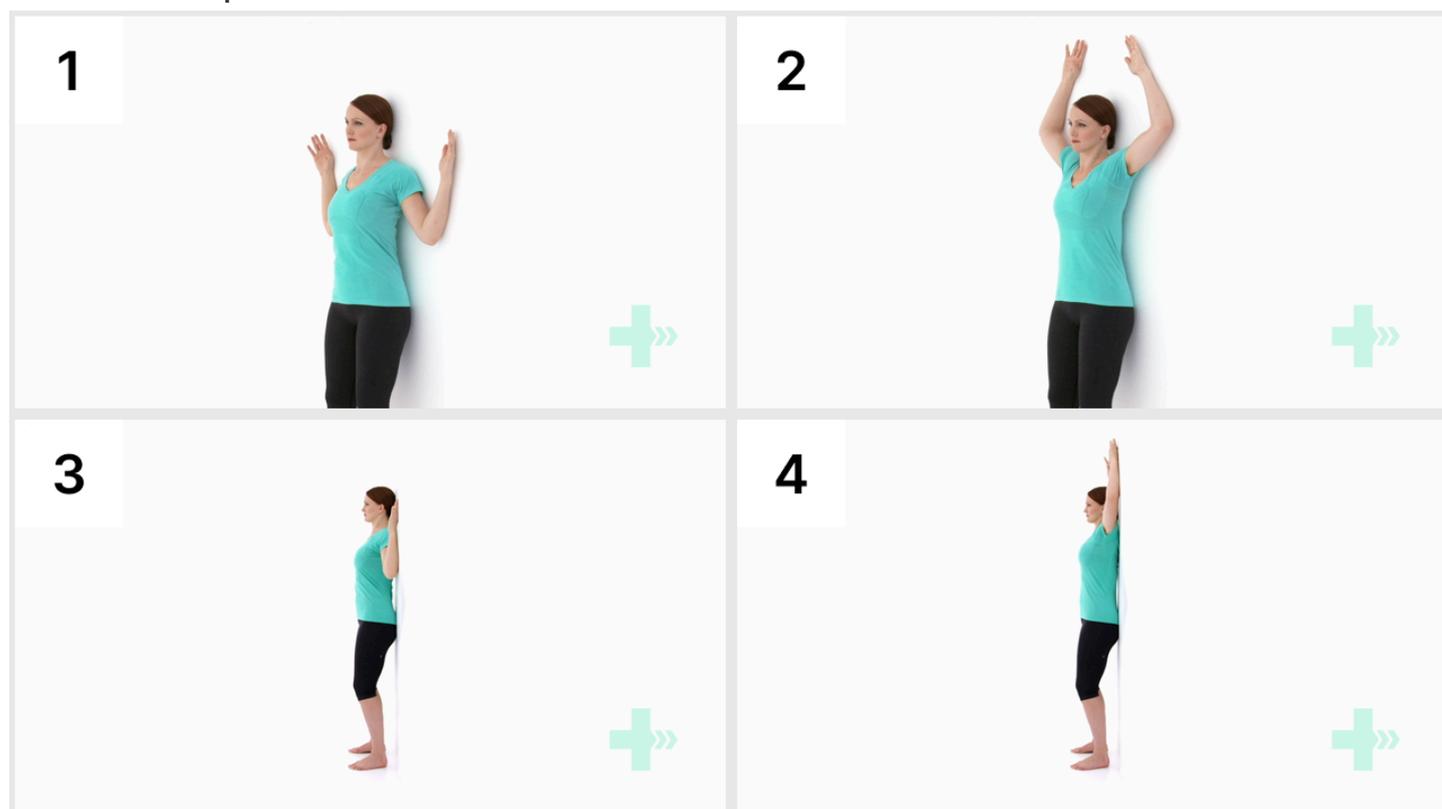
Sets: 3 • Reps: 5 • Hold: 3s



Stand straight, looking ahead, and place two fingers on your chin.
Push your chin so that your head goes straight back, lengthening through
the back of your neck, and keeping your eyes forwards.
Hold, and then relax.

2. "Wall angels" Scapular stabilization, standing

Sets: 3 • Reps: 10 • Hold: 1s



Stand with your back against a wall and bend your knees a little.

Your shoulders and head should be touching the wall.

Start with your upper arms at your side with your elbows bent.

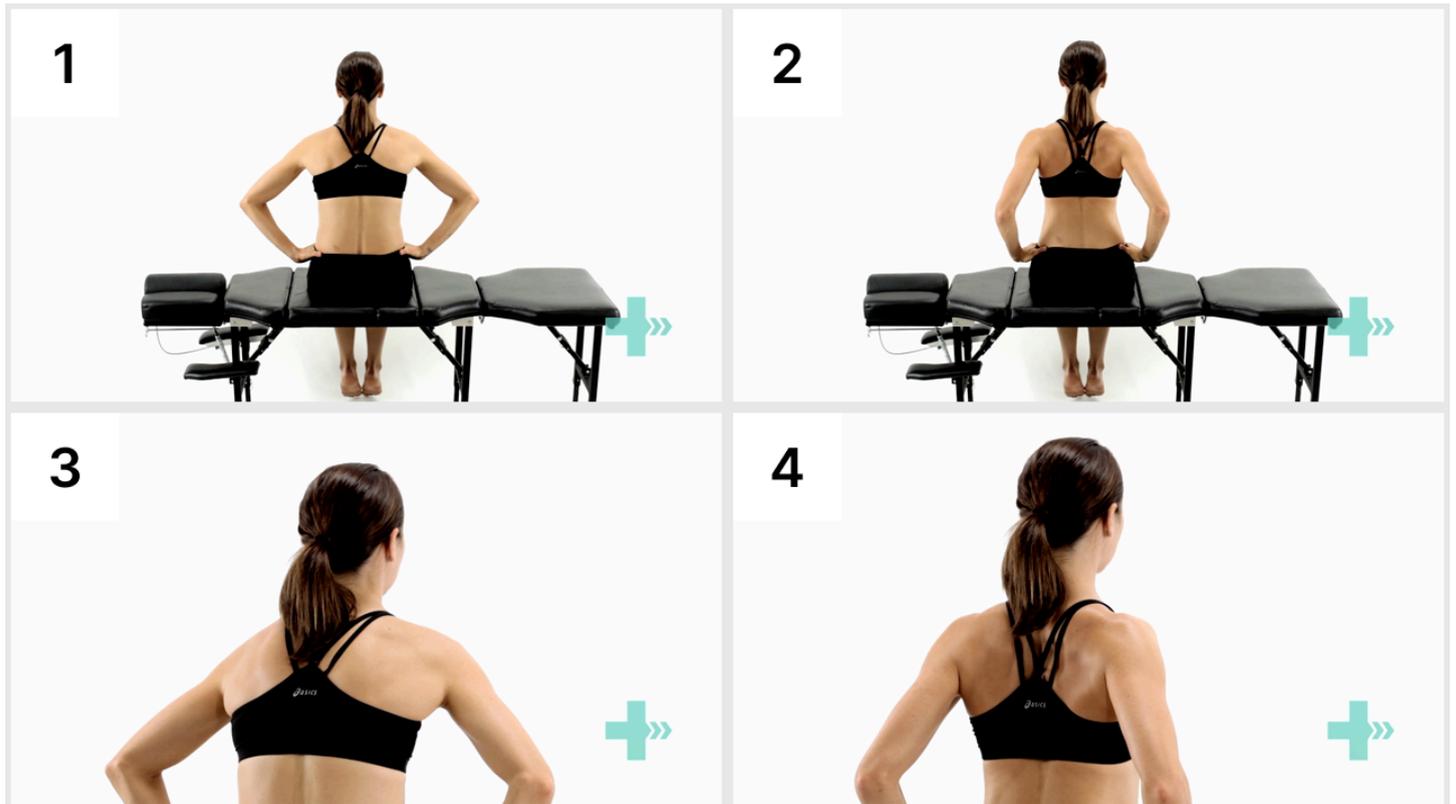
Your wrists and forearms should be touching the wall.

Bring your arms up as high as you can get them, without any of your body parts coming away from the wall.

When you reach as far as you can, slide the arms back down to the start position.

3. Scapular retraction/depression strengthening, hands on waist, sitting on table

Sets: 3 • Reps: 10 • Hold: 2s



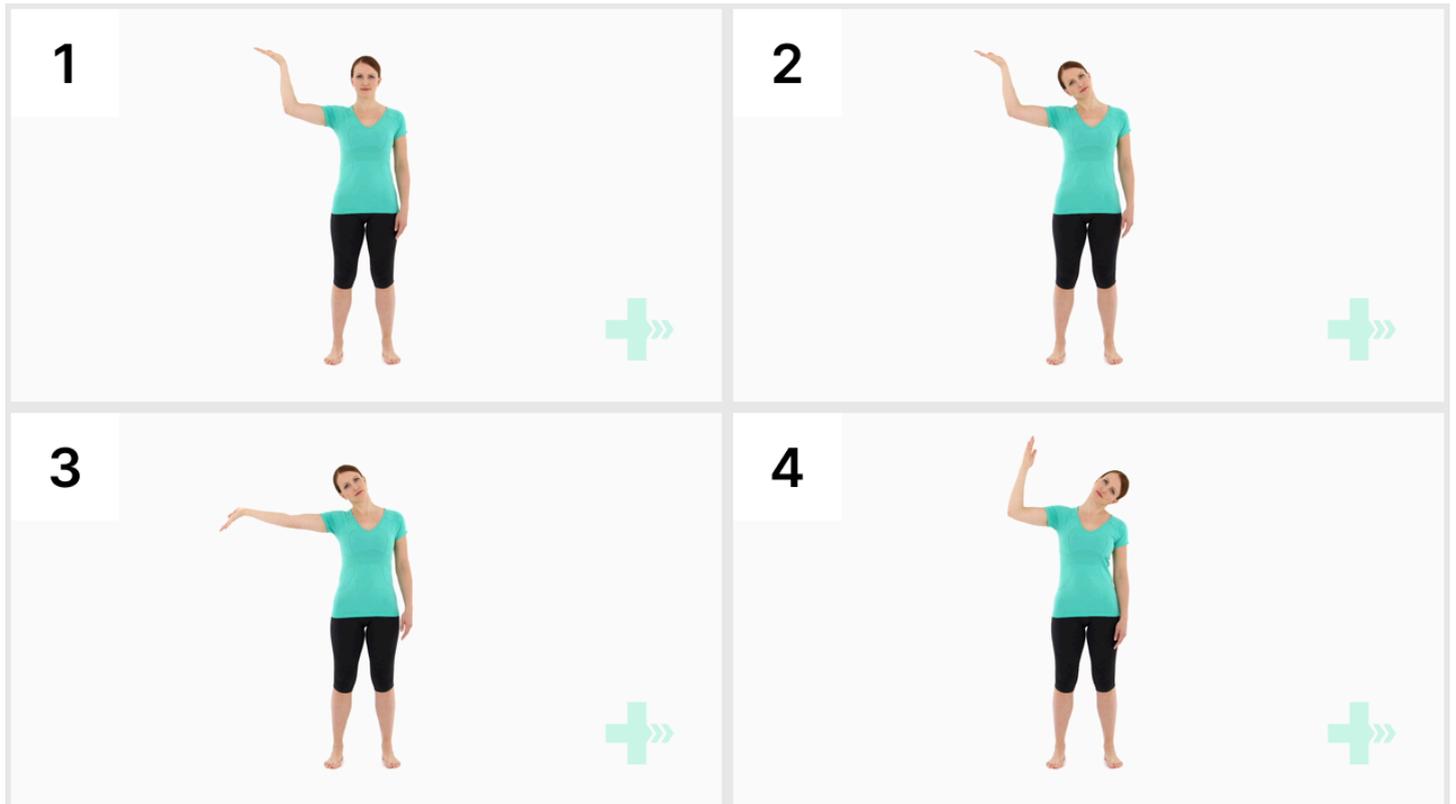
Start in a seated position and place your hands on your hips.

Let your shoulders fall forward by rounding the upper back, then squeeze your shoulder blades together, drawing them back and down as your elbows come out and back.

Keep your shoulders pressed down and away from the ears at all times.

4. 'Neurodynamics' Median nerve (tray) - cervical side bending, wrist/elbow flexion/extension

Sets: 3 • Reps: 10



Stand up straight with your affected arm held out to the side at shoulder level.

With your inner forearm facing the ceiling, extend your wrist backwards so that your palm faces away.

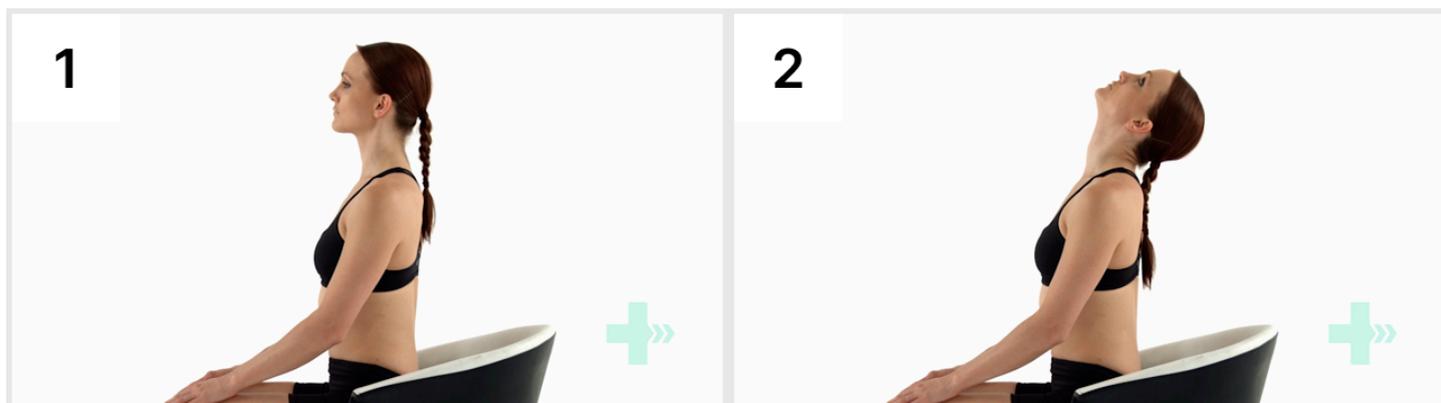
Keeping your gaze directly ahead, tilt your head towards this arm.

Bend your elbow and straighten your wrist back to the neutral position, while simultaneously tilting your head away from this arm in the opposite direction.

Continue this sequence in one fluid movement.

5. Cervical extension AROM, sitting; 01

Sets: 3 • Reps: 5



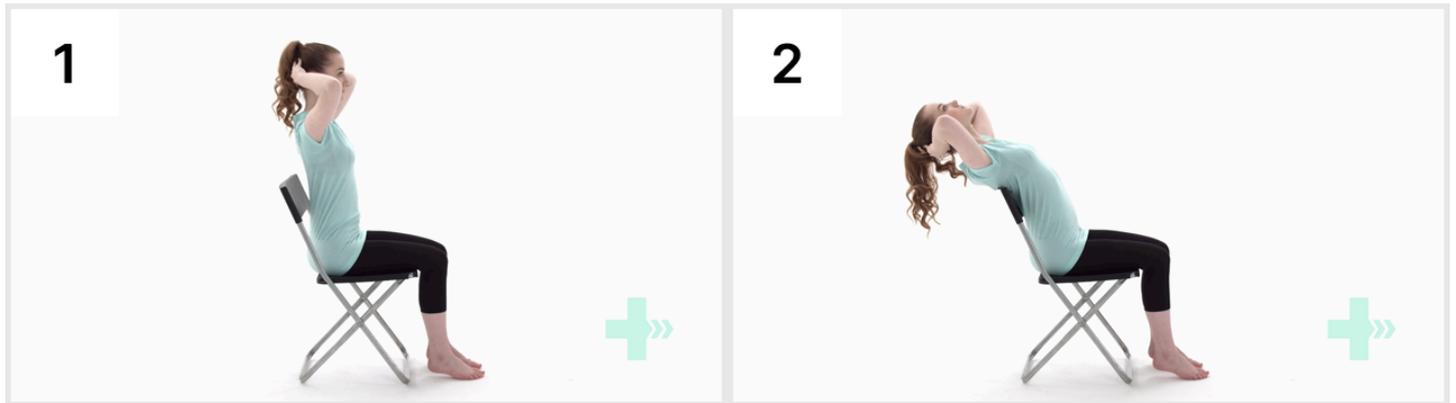
Sit upright in a chair looking straight ahead.

Look up towards the ceiling, moving only your head, not your body.

Return back to the starting position then relax and repeat.

6. Thoracic extension stretch, over back of sturdy chair, hands behind head

Sets: 3 • Reps: 15 • Hold: 3s



Sit upright in a chair.

Slide your buttocks to the back of the chair.

Clasp your hands behind your head.

Gently lean backwards over the back of the chair.

Hold this position before your return to the upright position.