

SELF MOBILIZATION EXERCISES FOR THE UPPER BODY

Items Needed for Exercises: 6x36 inch Foam Roller, 2 Tennis Balls, 1 Sock

The following is your personalized exercise program prescribed by your physical therapist. Please review the instructions and perform the exercises as prescribed (frequency, number of repetitions). If your symptoms feel worse with any exercise, stop doing the exercise until you check with your physical therapist or your doctor.

Starting Position - Lying on Roller

While performing the following 4 exercises, position yourself on the roller by first sitting on one end of roller. Lie back on roller, making sure your head is fully supported. Find neutral spine position by gently rocking the pelvis. Avoid arching your low back while doing the exercises.



1. Side to Side

Place your hands on the floor near hips. Move gently side to side as though gliding across roller.

Frequency _____



2. Rope Climb

Start with your arms pointed straight up. Alternately reach arms up toward ceiling as though climbing a rope. Allow your shoulder blades to move away from roller.

Frequency _____



3. Alternate Arm Raise

Start with your arms at sides. Raise one arm overhead. Return to start while raising other arm. Continue alternating arms.

Frequency _____



Additional Instructions:



4. Double Arm Raise

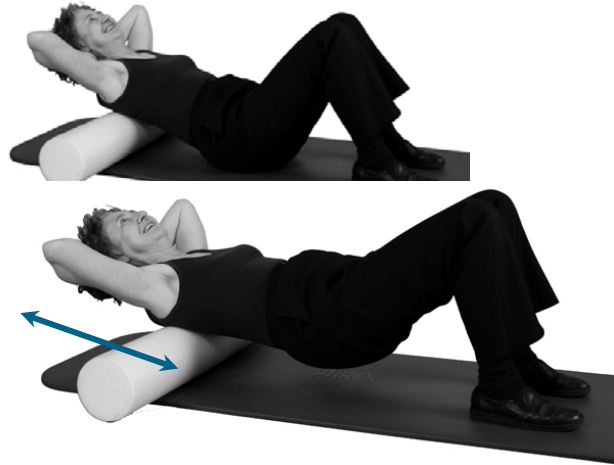
Start with your arms at side. Raise both arms overhead (avoid arching low back). Return to start position.

Frequency _____

5. Upper Back Mobilization

Position yourself on roller by sitting on the floor. Lean back on roller at level of shoulder blades. Support head and neck with your hands. Lift buttocks. Gently move over roller by pushing and pulling with legs.

Frequency _____



6. Cat/Camel

Get into the hands and knees position, hands directly below shoulders. Tuck your chin and push chest away from floor, rounding upper back, allowing shoulder blades to come apart. Hold for 2 seconds. Return to start.

Frequency _____

7. Tennis Ball Rolling

Put two tennis balls together (place them in a sock tied off snugly at the top or tape together). Place the tennis balls between wall and your upper back. Keep feet away from wall and lean against the tennis balls. Roll over the tennis balls by bending and straightening knees. Position the tennis balls further up or down as needed to avoid deep knee bends.

Frequency _____



Additional Instructions: