

Postural Stability Home Exercise Program



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Flexibility



Upper Trap Stretch: While holding the chair you are in with the arm of the side you are stretching, gently tilt your head away from that side.

Stop when you start to feel a stretch. Hold 20-30 seconds, do 3-5 rounds 2-3 times per day.



Levator Scap Stretch: Tilt your head away from the side being stretched and then look down toward the opposite arm pit. You can hold the chair just like the stretch above. Hold 20-30 seconds, do 3-5 rounds 2-3 times per day.

Activation



Chin Tucks: THIS IS A SMALL MOTION. DON'T CRANK ON IT. Bring your whole head straight back making your head and neck a straight line. Hold 3 seconds, complete 30 reps. Work on this often throughout the day.



Scapula Depressions: Gently bring your shoulder blades down and back. If you arch your back or feel your mid or lower back muscles tighten up, you are doing too much. Hold 3 seconds, complete 30 reps. Work on this often throughout the day.

Postural Stability



Pull Downs: Start with your arms at shoulder height, gently bring the shoulder blades down and back. Keeping this position, pull your arms to your side keeping the elbows straight the whole time. This can also be done with one arm at a time. Complete 3 sets of 12 reps once per day.



Rows: Start with your arms just below shoulder height. Gently bring your shoulder blades down and back. Pull your hands straight back toward your chest, shooting the elbow straight back. Keep the upper part of the shoulders relaxed the whole time. This can also be done one arm at a time. Complete 3 sets of 12 reps once per day.