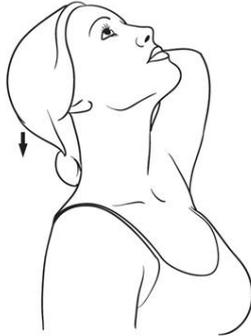


Exercise plan:
Flex Flow Upper

Patient:
Dr. David Prioux

Date:
Feb 18th, 2021

Neck Extension Overstretch



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Sitting down, tilt your head backwards and with your hands on your top of your head apply a small amount of pressure to stretch your front neck muscles. Stop your exercise immediately if you get any dizziness or blurred vision.

Hold for 10 seconds | Perform 2 times daily

Video: <http://youtu.be/HyfKlYy3sp4>

Neck Side Flexion Overstretch



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Ensuring your nose is pointing forwards, bend your neck as if you were taking your left ear towards your left shoulder. Use your hand to gently pull your head a little further, creating a stretch on the opposite side of your neck. Now repeat to the right. This exercise will help improve mobility to your neck.

Hold for 10 seconds | Perform 2 times daily | Perform both sides

Video: <http://youtu.be/fA08D3nj-hs>

Neck Flexion with Side Flexion



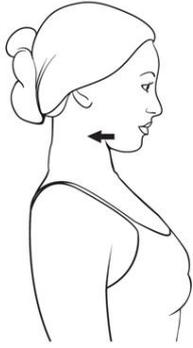
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Bend your neck to the side by taking your left ear towards your left shoulder. Now tuck your chin towards your chest. Hold the stretch, and relax. You can use your hand to gently assist. This will allow you to feel a stretch at the back and side of your neck.

Hold for 10 seconds | Perform 2 times daily | Perform both sides

Video: <http://youtu.be/rSsL5j6ZKU8>

Neck Retraction



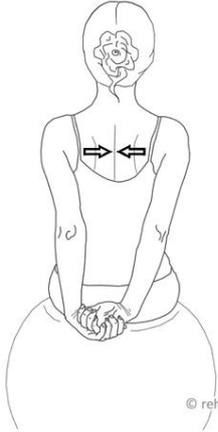
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Sit upright with good posture. Gently pull your head back as far as comfortable and down slightly. You will feel some gentle tension at the front and back of your neck. This exercise will help your neck and upper back posture.

Repeat 10 times | Perform 2 times daily

Video: <http://youtu.be/VYcifC6BFgc>

Standing/Sitting Retraction



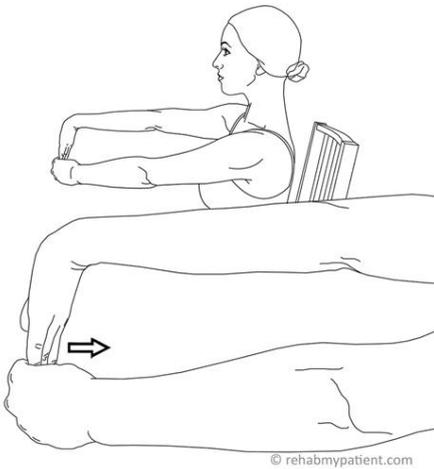
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Standing or sitting, with good posture, pull your arms backwards while squeezing your shoulder blades together, and joining your hands. Hold the contraction and then relax, or simply hold the contraction for a longer period of time. You will feel a muscular contraction around and between your shoulder blades.

Hold for 10 seconds | Perform 2 times daily

Video: <http://youtu.be/YejnTLIA9K8>

Wrist Extension Stretch



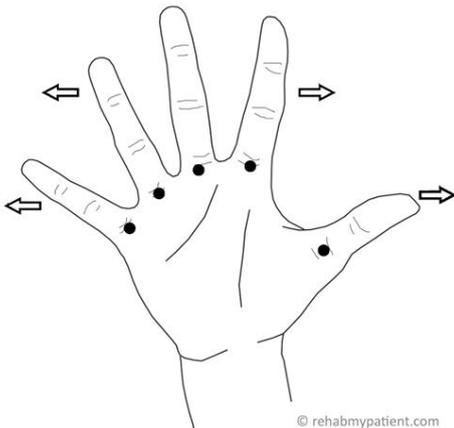
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Hold your arm and hand in front of you, with your fingers pointing upwards. Pull your hand backwards, to create a stretch on the underside of your wrist and forearm, and hold. This exercise will help stretch your forearm muscles, improving the mobility of your wrist.

Hold for 10 seconds | Perform 2 times daily | Perform both sides

Video: <http://youtu.be/cOYA0cTlwzM>

Finger Abduction Active

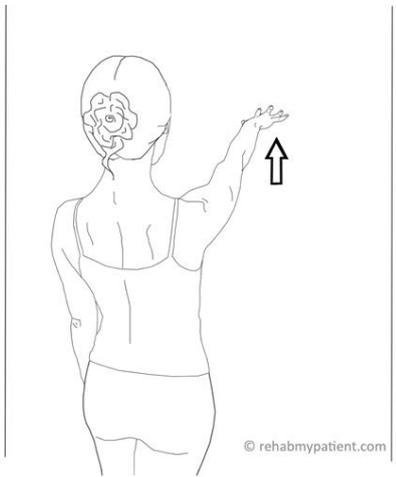


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Start with your fingers together. Spread all your fingers wide apart from each other. Use this exercise to stretch your fingers out.

Repeat 20 times | Perform 2 times daily | Perform both sides

Video: <http://youtu.be/ISYoY72YD6s>

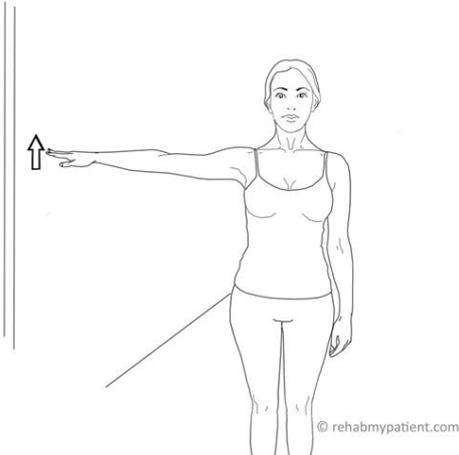


Wall Crawl Forwards

Walk your fingers up the wall. You should discuss at what point you should stop with your therapist, but if in doubt, keep the movement within your comfort zone. Carefully walk your fingers back down the wall. Ensure you keep your shoulder relaxed - do not allow your shoulder to hunch as you lift it. This exercise will help improve mobility to your shoulder.

Hold for 20 seconds | Perform 2 times daily | Perform both sides

Video: <http://youtu.be/bfOEqkWTvZo>

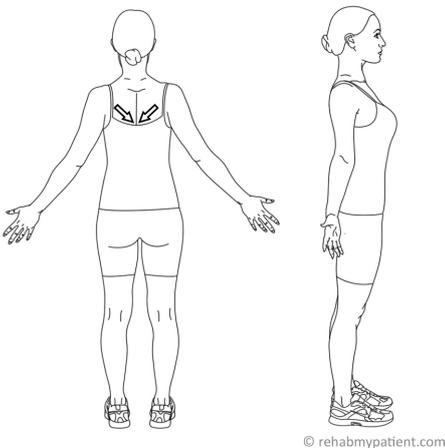


90 Degree Wall Crawl

Walk your fingers up the wall, to the side of your body. When you reach your limit (discuss what point this should be with your therapist), walk your fingers back down the wall. This exercise will improve mobility to your shoulder.

Hold for 20 seconds | Perform 2 times daily | Perform both sides

Video: <http://youtu.be/Zaz48x6XVLQ>



Standing Scapular Strengthening

Stand up tall, with good posture. Place your arms just out from your side, and palms facing forwards. Squeeze your shoulder blades together as you draw your arms back. Let your chest and rib cage expand. You should feel a tightening of the muscles at the bottom of your shoulder blades. This exercise will strengthen your lower trapezius muscle and rhomboid muscles, and help with posture.

Hold for 30 seconds | Perform 2 times daily

Video: <https://youtu.be/NEedytU6TGI>

Dear Dr. David, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on abrdesign2016@gmail.com. Good luck and keep with it!