

Health Connections

12792 Ford Drive
Fishers, IN 46038

317-585-9111



ROM Rotation

Sitting tall with shoulders relaxed down and back.
Turn head to one side as far as comfortable.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



ROM Lat Bending

Sitting tall with shoulders relaxed down and back.
Tip head straight sideways, ear to shoulder, as far as comfortable.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



ROM Flexion

Sitting tall with shoulders relaxed down and back.
Tuck chin into neck and then slowly bend head straight forward.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



ROM Extension

Sitting tall with shoulders relaxed down and back.
First perform a chin tuck / neck retraction then raise chin straight up to ceiling as far as comfortable.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Traps Standing

Standing tall, grasp wrist of side to be stretched behind the back and bring across body to opposite side.
Turn head toward the side to be stretched and tilt head away (ear to shoulder) to feel a stretch in the side of the neck.

Sets:	
Reps:	2x
Weight:	
Hold:	20-30 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Levator Standing

Standing tall, grasp wrist of side to be stretched behind the back and bring across body to opposite side.
Turn head away from side being stretched and let head hang forward to feel a stretch in the side and back of the neck.

Sets:	
Reps:	2x
Weight:	
Hold:	20-30 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

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Scalenes Anterior

Sitting tall, turn head 45° to one side.
Keeping head turned, lift chin up to the sky as if to be 'star gazing' to feel a stretch in the front and side of the neck.

Sets:	
Reps:	2x
Weight:	
Hold:	20-30 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Post Scalenes

Sitting tall, keep shoulders back and down.
Bend head slightly forward then tip ear sideways toward the shoulder to feel a stretch in the side of the neck.

Sets:	
Reps:	2x
Weight:	
Hold:	20-30 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Mid Back

Sitting or standing, place 'hand over hand' and reach both arms straight forward, rounding the mid back.
Taking a deep breath in will increase the stretch.

Sets:	
Reps:	2x
Weight:	
Hold:	20-30 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Lats

Fold arms together on top of head.
Bend slightly to one side and direct the top elbow towards the ceiling to feel a stretch in the side and 'arm pit' area.
Inhale deeply to increase stretch.

Sets:	
Reps:	2x
Weight:	
Hold:	20-30 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Mid Back Trunk Rotation

Sitting, reach one arm across body and support with opposite hand at the elbow.
Bend forward slightly and rotate upper body to increase the stretch in the back of the shoulder and mid back.
Taking a deep breath in will increase the stretch.

Sets:	
Reps:	2x
Weight:	
Hold:	20-30 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Pectorals / Mid Back Extension

Clasp hands together and gently place behind neck.
Sit tall and keep chin tucked down slightly.
Raise chest up, breath in and slowly bring elbows backwards.
Exhale, relax and repeat.

Sets:	
Reps:	2x
Weight:	
Hold:	20-30 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31