

General principles:

- Do not push into sharp pain. Stretchy discomfort is OK
- Precede stretching with self-massage-use hands, a firm ball, a vibrator and/or heat pad
- If there is spasticity use 3 to 5 second holds for the stretch and the relax for 2 counts. Repeat 3 to 5 times. BREATHE throughout stretch
- If joint is stiff due to inactivity/lack of use or an old injury you can go for 30 second stretches or more by breathing into the stretch and ease into and out of the stretch. Go SLOW!
- Always keep your neck posture in good alignment during the stretch or strengthening exercise
Always keep shoulder blades down=no shrugging!
- Keep your pelvic tilt during any stretch-otherwise you can overcompensate in your low back
- Strength is built on a good flexibility foundation to avoid injury

Range of Motion Stretches and Strengthening:

5 second holds-repeat to point of mild fatigue or loss of quality of the movement-add 10% every few days. If you can do 30 repetitions of an exercise you probably need to add some resistance

- "T" contraction-for the middle trapezius-elbows at armpit level



- "V" for victory contraction for lower trapezius and latissimus dorsi-blades down and in



- "Elbows in the hip pockets" for rhomboids



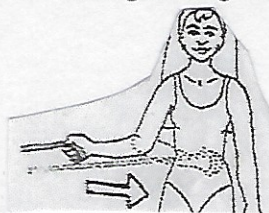
- Wall push-ups for biceps/triceps



- "Stop sign"-always with chin tucked-either laying on back, standing or stomach lying



- Rotator cuff strengthening- can do with no resistance, isometrically or with bands/weights



- A. Rowing-seated actively or with bands/weights and B. Pendulum exercises to relax, relieve pain, reduce muscle spasm. The body craves variety!

