

Mobility Physical Therapy

(425) 555-7890

Angel Wings

Stand with arm at sides, palms facing sides. Slowly inhale deeply as you raise arms out to sides, palms facing downward. Breathing slowly, continue raising arms overhead, back of hands coming together - or as high as your reach allows. Do NOT hold breath. Immediately begin to slowly exhale as you lower arms to sides.

Sets	1	Hold	
Reps	5	Weight	

Try to do these 3 times a day



Pole - Behind Back Roll

Standing, hold pole with both hands behind back. Begin with arms straight. Keeping pole resting against body, slowly bend elbows as you pull pole upward. Hold. Straighten arms, relax.

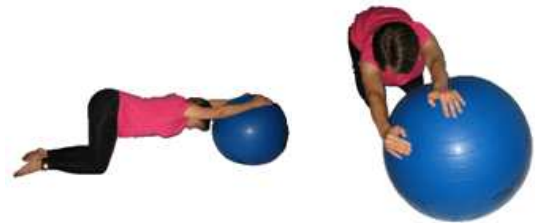
Sets	2	Hold	3 sec
Reps	10	Weight	



Ball - Seesaw - side to side

Kneeling on floor with ball directly in front of you, place both hands on top of ball. Keeping fingers on top of ball, slowly roll ball forward as far as you can reach. Roll ball to the right, then to the left. Return ball to central position, roll ball backward toward trunk.

Sets	2	Hold	5 sec
Reps	5	Weight	



Behind Back Stretch

Standing, place both hands behind your back. Have right hand grasp left hand. Tuck chin in. Do NOT tilt head back. Use right hand to pull left arm downward while slowly turning head to the right. Hold.. Relax. Turn head to the left. Hold. Relax. Switch hand positions. Repeat.

Sets	1	Hold	10 sec
Reps	5	Weight	



Helpful Hints

Dorsal Roll - sitting at desk or driving

Sit with back against seat. Place a foam or towel roll vertically behind back along upper and mid spine. A 2 inch diameter, 15 - 18 inch long foam or towel roll may be used. To make a towel roll, fold a hand towel in half lengthwise, roll up. Use rubber bands or masking tape to hold roll together. Use scarf or belt to hold roll vertically in place. Lean mid and upper spine comfortably back against roll. Will provide good support to spine, while allowing shoulder blades to glide backward, keep head and neck in neutral position.

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Lap Pillow

When reading while sitting, place a pillow under elbows and forearms. This still allows you to freely use your hands while providing good support to your upper back and neck. It also prevents excessive head tilt. This position can be used while doing handwork (i.e., knitting, crochet, etc.), sitting on bleachers, or as passenger traveling for long distances.

Sweeping / Raking

Take a step in the same direction as you reach out with the broom. Take a step back as you sweep toward yourself. Continue to move in the same direction you move the broom.

Vacuum

As you push vacuum, take a step forward in the same direction the vacuum is moving. As you change direction with the vacuum, also take a step forward or backward in the same direction you are moving the vacuum. Always reposition your body to line up with the movement of the vacuum.