

# BetterBacks Better Living

22 Ross Street, Parramatta

## Exercise / Stretch Routine

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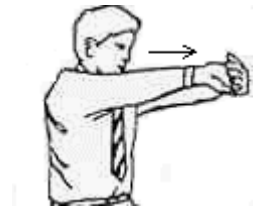
### [ ] SHOULDER ROLLS

- \* Roll shoulders **FORWARD** 10 times
- \* Roll shoulders **BACKWARD** 10 times
- Repeat **TWICE** using large circles



### [ ] RHOMBOID/SHOULDER BLADE STRETCH

- \* With hands interlocked in front of your body, push forward so that your shoulder blades come forward and you feel a stretch between your shoulder blades
- Hold for **20 seconds** and repeat **TWICE**



### [ ] CHEST BICEP STRETCH

- \* Lace fingers behind back and squeeze shoulder blades together. Slowly raise and straighten arms.
- Hold for **20 seconds** and repeat **TWICE**



### [ ] CERVICAL RANGE OF MOTION

- \* Begin with head in neutral position
- \* Turn to the **RIGHT** and hold for **10 seconds**, repeat on the **LEFT**
- \* Tilt head towards the **RIGHT** shoulder and hold, repeat on the **LEFT**
- \* Bend head forward, hold for **10 seconds** then return to starting position.
- Ensure shoulders remain level
- **REPEAT THE WHOLE PROCEDURE TWICE**

tilt

turn

forward



### [ ] TRAPEZIUS/SHOULDER STRETCH

- \* Begin with the head in the neutral position
- \* With **LEFT** hand, pull head forward and to the **LEFT**, hold
- \* With **RIGHT** hand, pull head forward and to the **RIGHT**, hold  
(Hint: Try to pull your nose in the direction of your armpit)
- Hold each stretch for **10 seconds** and repeat **TWICE**

Routine to be repeated \_\_\_ times per day / week

## [ ] THORACIC RANGE OF MOTION

- \* With a broom stick or similar object
- \* Hold stick horizontally in front of body and **TWIST** to **LEFT**, hold
- \* Repeat on the **RIGHT**, hold
  
- \* Again with stick but instead held horizontally above head
- \* **TILT** arms and **BODY** to the **LEFT**, hold
- \* Repeat on the **RIGHT**, hold
  
- *Hold each stretch for 10 seconds and repeat TWICE*

## [ ] CORNER STRETCH

- \* Standing in corner with hands at shoulder level and feet at shoulder width,
- \* lean forward until a comfortable stretch is felt across the chest.
  
- *Hold for approx. 15 seconds, repeat TWICE*



## [ ] THORACIC AND LUMBAR TWIST - Be Careful !

- \* Stand with feet at shoulder width, approx. 30cm facing away from wall
- \* **TWIST** entire upper body to the **LEFT** so that both hands can touch the wall behind, hold
- \* Repeat on the **RIGHT**
  
- *Hold each for approx. 10 seconds, repeat TWICE*

## [ ] SUPINE KNEE FLEXION

- \* Lying on your back with knees bent
- \* Pull **BOTH** knees to the chest and hold for **5 seconds**
- \* Place hands by side and **ROLL** bent legs to the **LEFT**, then to the **RIGHT**,
- \* Hold for **5 seconds** and *avoid twisting the upper back*
  
- *Repeat the whole procedure TWO - THREE times*



## [ ] SIDELYING KNEE FLEXION

- \* Lying on LHS hip, pull bent RHS knee up and across body with left hand.
- \* Extend right arm horizontally to provide additional stretch ie. shoulders flat on floor
- \* Repeat on the opposite side.
  
- *Repeat TWO - THREE times holding each stretch for 10 - 15 seconds.*



## [ ] SITTING KNEE FLEXION

- \* While sitting, cross the **RIGHT** knee on the left and pull **UP** and **ACROSS** (direction of the left shoulder) until a pulling sensation is felt in the **RIGHT** buttock
- \* Repeat on the **OPPOSITE** side, holding each for 10 seconds
  
- *Repeat TWO - THREE times*