

# IMG PHYSICAL THERAPY

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## Upper Body Maintenance Program In Under 1 Minute

Rehabilitation of the cervical/thoracic spine & upper extremity may take an extended period of time. A loss of strength, range of motion, and use is common after an injury or surgery. Your strength, range of motion, and use of the arms can be regained. It may become frustrating at times, but you can be successful with hard work, patience, and listening to your body.

When you are exercising on your own at home there are some things to remember...

- \* Any specific exercise that causes pain, especially sharp knife like pain, is hindering the healing process for your injury and should be modified or discontinued until you notify your therapist.
- \* Increased swelling after exercise indicates that the exercise may be too difficult or it is not being done correctly. Be sure to ice that area of swelling and use a compression wrap as needed.
- \* Re-injuries during the rehabilitation process will slow your progress. If you get recurring pain either lower the number of sets or repetitions; or reduce the range of motion to avoid the area of pain.
- \* You should experience stretching sensations, but the exercise should not increase the pain or swelling.
- \* Consult your Physician or Physical Therapist if any problems arise or if you have any questions regarding an exercise. It is better to make sure that you are doing an exercise correctly than to cause further injury by doing an exercise incorrectly.

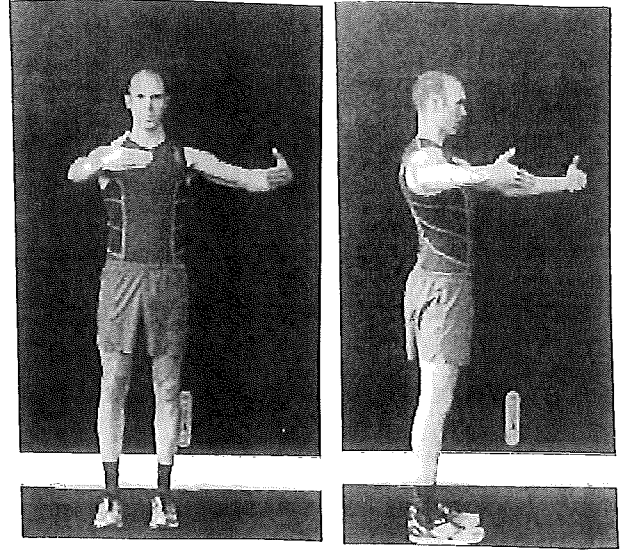
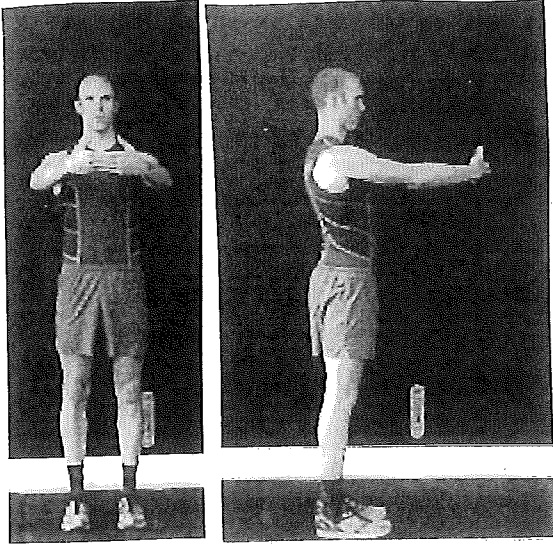
This exercises are to be done 3 time per day.  
Hold each position for 5-7 seconds.

# Upper Body Maintenance Program in Under 1 Minute

Created by Chris Johnson, PT

Each Position is to be held for 5-7 seconds.  
Perform program 3 Xs per day.

Exercise Program must be done with stomach tucked in and a slight chin tuck



## Position 1, 2, & 3: Dancer's Pose

Fingertips together in front of you making a "Hoop"

**Position 1: Start at Waist**

**Position 2: Chest Height**

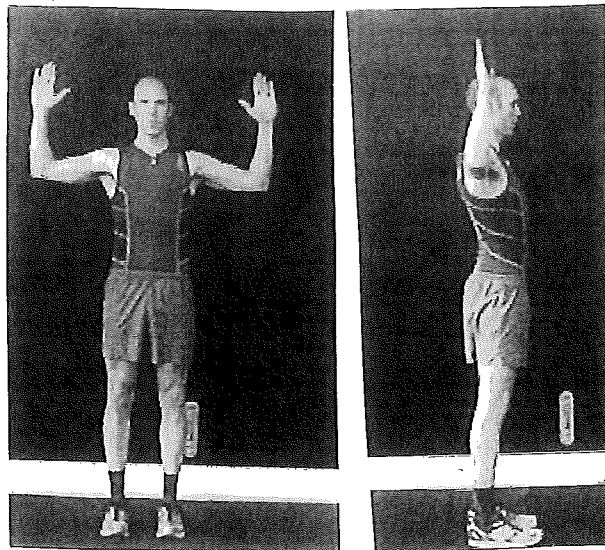
**Position 3: Shoulder Height**

## Position 4: Horizontal Abduction

One arm goes out toward your side, leaving elbow bent.

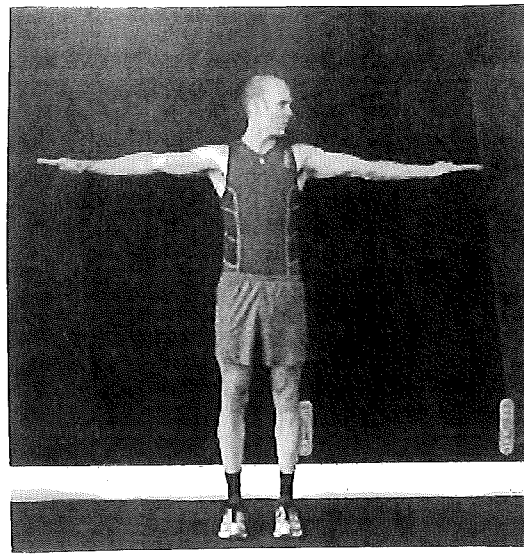
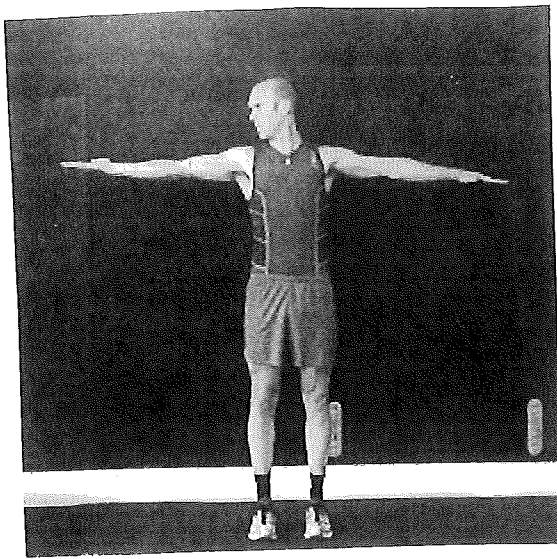
Do NOT go behind your body.

Keep arm parallel with the ground



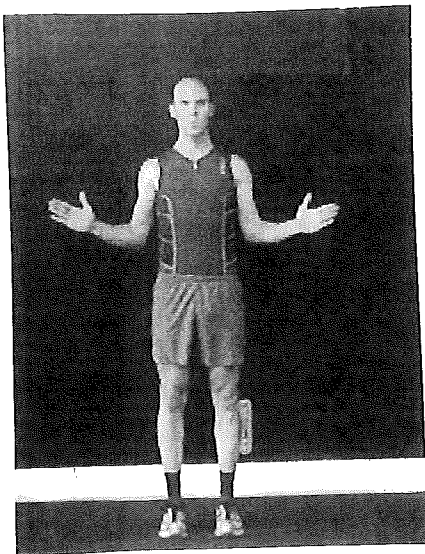
## Position 5: High 5 / Field Goal "Good" / Reverse T-position

Quick Pinch of shoulder blades down and together

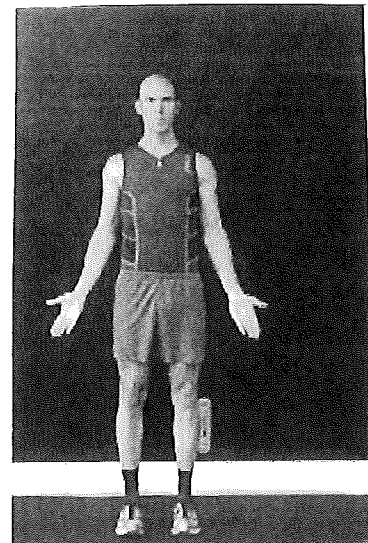


**Position 6: Nerve Sliders**

Turn head toward hand with palm-up. Other hand palm down.  
Then reverse head position toward opposite hand and switch palm position.  
Do NOT tilt head backwards and turn head as far as possible



**Position 7: Shoulder W's**  
Slight pinch of shoulder blades together



**Position 8: Anatomical Position**

Hands straight down toward the floor with Palms forward.

Shoulder relaxed.