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## Cervical Spine / Neck

### Stretches

- Upper Trapezius
- Levator Scapula
- Corner Chest / Pec
- Neck / Upper Back
- Neck Flexor / Scalenes
- Upper Limb Median Nerve "Floss"
- Upper Limb Radial Nerve "Floss"

### Range of Motion

- Rotation
- Flexion
- Extension
- Side Bend

### Strengthening

- Shoulder Shrug 3-way
- Cervical Retraction

## Shoulder

### Stretches

- Chest / Bicep
- Tricep / Inferior Capsule
- Deltoid / Posterior Capsule
- Internal Rotation / Towel Stretch

### Range of Motion

- Wand Flexion
- Wand Extension
- Wand Abduction
- Wand Rotation - Internal / External

### Strengthening (Resistive Band)

#### Rotator Cuff

- Flexion
- Extension
- Abduction
- Internal Rotation
- External Rotation
- Forehand
- Backhand
- Serve / Throw
- Diagonal Up
- Diagonal Down

#### Strengthening (Scapular)

- Scapular Retraction - Standing
- Scapular Retraction - bent elbows
- Rows - Resisted
- Prone on Elbows - Plank
- Push Ups

## Elbow/Wrist/Hand

### Stretches

- Wrist Flexor
- Wrist Extensor
- Wrist Extension - "prayer"

### Range of Motion

- Elbow Flexion / Extension
- Wrist Flexion / Extension
- Pronation / Supination

### Strengthening (Resistive Band)

- Bicep Curl
- Tricep Extension
- Pronation
- Supination
- Wrist Flexion
- Wrist Extension

## Back & Lumbar Spine

### Stretches

- Knee to Chest - single
- Knees to Chest - bilateral
- "Child's Pose"
- "Angry Cat"
- Side / QL- Kneeling
- Side / QL- Sitting
- Active Hamstring -- Supine
- Quadriceps - Standing
- Side-Bend - Single Arm
- Side-Bend - Arms Folded
- Leg Dural -Nerve Floss

### Range of Motion

- Pelvic Tilt
- Trunk Rotation
- Prone on Elbows
- Prone Press Up
- Back Extension - Standing

### Strengthening

- Upper Body Extension - Prone
- "Superman" - Prone
- Opposite Arm & Leg Lift - Prone
- Gluteal Squeeze
- Opposite Arm & Leg Lift - on all fours
- Abdominal - Crunch
- Abdominal - Obliques
- Rows--Resisted
- Lumbar Diagonal Down - Resisted
- Lumbar Diagonal Up - Resisted
- Squat / Lift Resisted

## Hip & Knee

### Stretches

- Hamstring - Seated
- Hip Flexor -Kneeling
- Quadriceps - Standing
- Quadriceps - Prone
- Inner Thigh / Groin Stretch
- Tensor / Iliotibial Band - Standing
- Piriformis - Supine
- Piriformis - Sitting
- Gastroc / Calf - Standing

### Range of Motion

- Quad Set - Supine Isometric
- Heel Slide
- Hamstring Curl- Standing

### Strengthening

- Straight Leg Raise - Flexion
- Hip Adduction - "Ball Squeeze"
- Hip Adduction - Sidelying
- Hip Abduction -Sidelying
- Hip Abduction - Resisted
- Hip Abduction - on all fours
- Hip Extension - Prone
- Hip Hike - on step
- Knee Extension (TKE) - Standing
- Knee Extension / SAQ
- Step Ups
- Quadriceps Eccentric / Lowering
- Squat
- Sit to Stand - Chair
- "Wall Sit"
- Mini Squat - with Ball

## Ankle & Foot

### Stretches

- Soleus / Lower Calf - Standing
- Ankle Plantarflexion - 1/2 Kneeling
- Ankle Dorsiflexion - 1/2 Kneeling

### Strengthening

- Ankle Pump
- Dorsiflexion - Resisted
- Plantarflexion - Resisted
- Inversion - Resisted
- Eversion - Resisted
- Towel Curl / Arch Lift
- Heel Raise - Double Leg Standing
- Heel Raise - Single Leg Standing

- Balance - Single Leg
- Balance - Single Leg on Foam
- Balance - 3 Way Leg Swing
- Balance - Single Leg Forward Lean
- Balance - Diagonal Reach

## Trunk Stability

### Strength

- Arm Flexion - Supine
- Bent Leg Lift - Supine
- Bridging
- Bridging - Single Leg
- Leg Lift - Bent Knee Prone
- Opposite Arm & Leg Lift - on all fours
- Lean - Forward in 1/2 Kneeling
- Lean - Backward in Kneeling
- Sit to Stand - Chair
- Lunge - Forward
- Lunge - Side

## "Swiss" Ball

### Core

- Seated Bounce
- Pelvic Tilt
- Lateral Pelvic Tilt
- Alternate Leg Raise - Sitting
- Opposite Arm & Leg Raise - Sitting
- Abdominal Crunch
- Abdominal Obliques
- Alternating Arm Raise - Prone
- Alternating Leg Raise - Prone
- Opposite Arm & Leg Raise - Prone
- Ball Walk - Prone
- Ball Walk - Knees to Chest - Prone
- Back Extension - Kneeling
- Leg Raise - Supine on Ball
- Opposite Arm & Leg Lift - Supine on Ball

### Lower Extremity

- Wall Squat
- Wall Squat - Single Leg
- Bridge
- Bridge - Single Leg
- Bridge - Knees to Chest

### Upper Extremity

- Push Ups - Feet on Ball
- Bicep Curl - with Dumbbells
- Tricep Extension - with Dumbbells
- Scapular Retraction - with Dumbbells
- Chest Press - with Dumbbells
- Row - Prone with Dumbbells
- Lateral Raise - with Dumbbells
- Overhead Press - with Dumbbells

## Dumbbell Exercises

### Arms

- Bicep Curl
- Tricep "kick back"
- Bicep Curl - on Swiss Ball
- Triceps Extension -- on Swiss Ball

### Shoulders/Back

- Shoulder Shrug - 3-way
- Lateral Raise
- Press Up
- 1 Arm Bent Over Row
- Scapular Flexion - Prone
- Scapular Retraction - Prone
- Scapular Retraction-- on Swiss Ball
- Lateral Raise -- on Swiss Ball
- Overhead Press Up -- on Swiss Ball
- Row - Prone on Swiss Ball

### Chest

- Chest Fly
- Chest Press
- Chest Press-- on Swiss Ball
- Gluts/Lower Extremities
- Lunges

## Foam Roller Exercises

- I T Band Stretch
- Thoracic Mobilization
- Pec / Chest Stretch