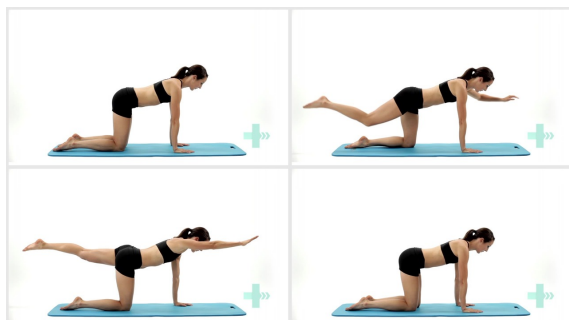


Royal Chiropractic and Sports Injury Clinic
100 Westcreek Blvd. Unit 1
BRAMPTON, ON, L6T 5V7

2 Sets / 5 Reps

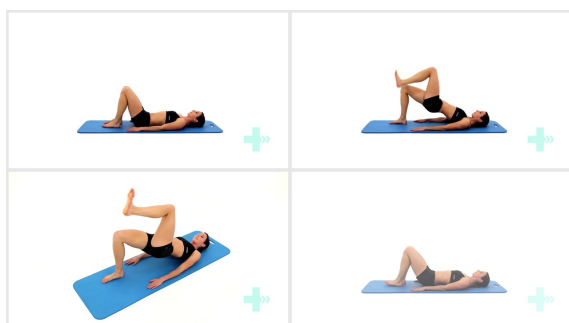


1. "Bird dog" Core stabilization lifting opposite arm/leg, in quadruped; 01

Start on your hands and knees, with your hands under your shoulders, and knees under your hips.
Tighten the abdominal core muscles.
Extend the opposite leg and the opposite arm simultaneously, making sure you maintain good control in your torso.
Do not allow your body or hips to rotate.
Repeat on the other side.

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2 Sets / 10 Reps / 5 s hold



2. "Bridge" Core/hip stabilization marching with legs; 01

Lie on your back with your legs bent and feet flat on the floor.
Lift your hips up in to a bridge, driving the movement with your buttocks.
March one leg, and then the other, keeping your pelvis up and level throughout the exercise.

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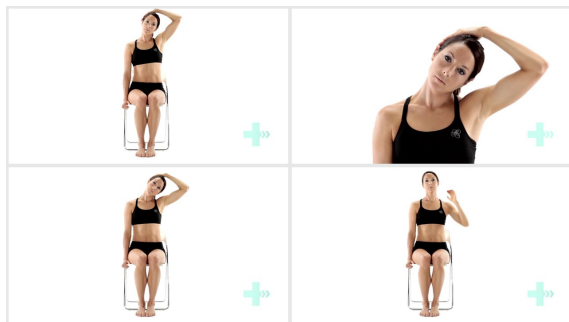
2 Sets / 10 Reps / 3 s hold



3. "Cat and camel" Trunk flexion/extension AROM spinal mobility, in quadruped; 01

Start on your hands and knees with your back in a neutral position.
Arch your back, lifting your head up and pushing your tail bone out, making a dish with your spine.
Hold this position.
Next, bend your back up by tucking your head and tail bone in and pulling your belly button in towards your spine, making a curve through your back.
Hold this position, and then repeat.

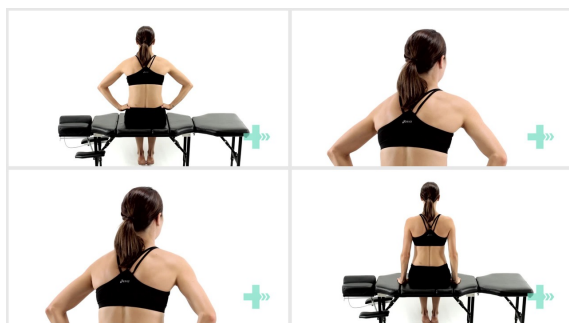
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4. "Upper trapezius stretch" Cervical side bending stretch, in sitting; 01

Start in a seated position.
Place the hand on the symptomatic side under your chair.
Take your other hand and place it on your head.
Tilt your ear directly down towards your shoulder and hold this position.
You should feel a stretch down the side of your neck.

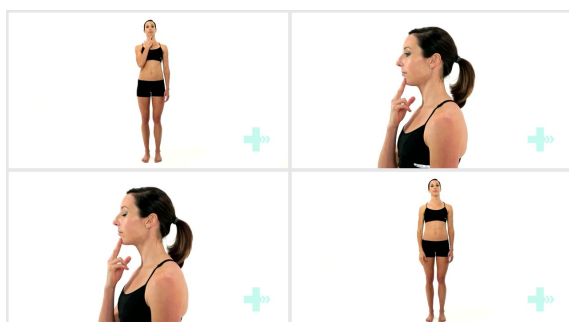
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5. Scapular retraction strengthening, hands on waist in sitting; 01

Start in a seated position and place your hands on your hips.
Let your shoulders fall forward by rounding the upper back, then squeeze your shoulder blades together, drawing them back and down as your elbows come out and back.
Keep your shoulders pressed down and away from the ears at all times.

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6. Cervical retraction strengthening isometric guided with hand, in standing; 01

Stand straight, looking ahead, and place two fingers on your chin.
Push your chin so that your head goes straight back, lengthening through the back of your neck, and keeping your eyes forwards.
Hold, and then relax.

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