

Exercise plan:
Mini activity break

Patient:
Working From Home

Date:
02nd Apr 2020

Practitioner:
Kristi Bester

Neck Side Flexion Overstretch

Ensuring your nose is pointing forwards, bend your neck as if you were taking your left ear towards your left shoulder. Use your hand to gently pull your head a little further, creating a stretch on the opposite side of your neck. Now repeat to the right. This exercise will help improve mobility to your neck.

Hold for 20s

Video: <http://youtu.be/fA08D3nj-hs>



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Neck Retraction

Sit upright with good posture. Gently pull your head back as far as comfortable and down slightly. You will feel some gentle tension at the front and back of your neck. This exercise will help your neck and upper back posture.

Hold for 20s

Video: <http://youtu.be/VYcifC6BFgc>



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Sitting Extension

Support your neck by placing your hands interlocked behind your neck. Round your lower back slightly, to focus the movement to the upper back, and slowly bend backwards.

Hold for 20s

Video: <http://youtu.be/Si0OKWUogJk>



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Downward Dog

Start in all fours, wrists under shoulders and knees under hips, toes tucked under. Slowly raise your knees from the floor, straighten your legs as you push your pelvis up and back and your chest through your arms. If you are unable to get your chest in line with your arms due to tightness in the legs, let the legs bend a little. If you are able to gain the position with your chest in line with your arms and your legs straight, try to lower your heels to the floor. While holding this position take deep breaths in and out, as you breath in take note of any tension, as you breath out, try to feel the tension melt away.

Hold for 20s

Video: <https://www.youtube.com/watch?v=j97SSGsnCAQ>



Lumbar and Thoracic Side Flexion Sitting 2

Sitting with good upright posture, run your arm down the side of the chair leg by side-bending your spine. You can make the exercise stronger by using your arm above your head to create more leverage. Repeat to the other side. This is a good mobility exercise for the upper and lower back while sat down, if you feel your back is starting to get stiff.

Hold for 20s | Perform both sides

Video: <http://youtu.be/pUklUXGe7VQ>



Full Squat

Open your legs slightly wider than shoulder width, and bend your knees to the full squat (90 degrees) position. Your feet can be pointing directly forwards, or turned out slightly. Make sure you keep the middle of your knee-cap in line with the middle toes of your foot. Always keep your feet flat on the ground.

Repeat 10 times

Video: http://youtu.be/d_xB-41ieqw



Full Plank On Elbows

Lie on your front resting on your elbows, with your elbows in line with your shoulders. Lengthen the back of your neck and glide your shoulder blades downwards. Lift your chest bone and waist away from the mat engaging your lower abdominal muscles, tucking your toes under. Inhale to prepare, and exhale to lift the front of your hips away from the floor to create a straight line from your head and neck to your pelvis. Push down into your feet to straighten your legs moving your body forwards. Tilt your pelvis back to avoid arching your lower back. Inhale to hold and exhale to lower to the start position.

Hold for 5s

Video: <http://youtu.be/Es0hAEvIU8>

While any new exercise is likely to cause slight discomfort for the following couple of days, please stop any exercise that causes immediate significant pain. If you have any questions with an exercise, just email us at info@physiotherapymatters.co.uk.

Exercise Diary:

Neck Side Flexion Overstretch



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02. Apr (Week 1)							09. Apr (Week 2)							16. Apr (Week 3)							23. Apr (Week 4)						
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Neck Retraction



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Sitting Extension



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Downward Dog



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Lumbar and Thoracic Side Flexion Sitting 2

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Full Squat

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Full Plank On Elbows

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