Foam Roll: Position 1

10 Reps.

Foam Roll: Position 2

10 Reps

Cervical Extension on Foam Roller: Postion 1

60 seconds. Increase by 30 seconds each day up to 10 minutes.

Cervical Extension on Foam Roller: Postion 2
Chin tucked.
60 seconds. Increase by 30 seconds each day up to 10 minutes.

Cervical Posterior Translation Isometrics.
3 sets 20 second hold.

R & L Rotation if needed.

Supine Rotary Twist: R & L
60 seconds each.

*Always consult with your doctor prior to engaging in any rehabilitation program. Please proceed with caution.

Seated Rotary Twist: R & L
60 seconds each.

Hip Flexor Stretch: R & L
60 seconds each.

QL Stretch: R & L
60 seconds each, 3 sets.

Arm Leg Opposition: R & L
3 sets, 10 second hold on each.

Prone Hip Extension: R & L
3 sets, 10 second hold on each.

Lumbar Extension Isometric:
3 sets, 15 second hold.

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Lumbar Extension Isometric with Rotation: R & L
3 sets on each side, 15 second hold.

Superman:
3 sets, 15 seconds each.

Single Leg Balancing: R or L
3 sets, 30 seconds each.

Single Leg Balancing with Forward Bend: R or L
3 sets, 30 seconds each.

Standing Hip Extension: R or L
3 sets, of 12 Reps.

Supine lumbar Extension with Heels on Ball: R or L
3 sets, 30 second hold.

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Supine lumbar Extension with Heels on Ball and Hip Flexion: R or L
3 sets, 30 second hold.

Bridge Pose:
3 sets, 30 seconds.

Bridge Pose with Hip Flexion: R or L
3 sets, 30 seconds.

Side Plank: R or L
3 sets, 15 seconds.

Side Plank with Horizontal Abduction: R or L
3 sets, 10 seconds.

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