



Notes:

Levator - Self Traction Chair

Sitting tall, grasp back edge of the chair with hand of the side to be stretched.
Turn head to opposite side and flex head forward ('nose toward elbow').
Let body lean to feel a stretch in the back and side of the lower neck.

Sets:	
Reps:	2x
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Traps - Bilateral

Standing, clasp 'hand over hand' behind back. Stand tall, keep chin tucked down and lower shoulder blades down to the floor to feel a stretch in the top of the shoulders.

Sets:	
Reps:	2x
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

KEEP YOUR HANDS DOWN CLOSE TO YOUR SHOULDER AND IF POSSIBLE USE A WALL CORNER RATHER THAN A DOORWAY.

Pectorals - Corner / Doorway

Facing corner or standing through a doorway. Place forearms on each wall below shoulder height. Slowly lean chest forward into corner, keeping upper body tall, to feel a stretch in the front of the chest.

Sets:	
Reps:	2x
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Posterior C/S Isometric

Place hand on back of head keeping head in neutral position and shoulders relaxed.
Gently push head straight back into hand without allowing any movement of the head.
Gradually build tension and hold.
Repeat in at least 3 different angles.

Sets:	1
Reps:	Goal of 20 reps
Weight:	
Hold:	5-10 sec
Rest:	30-60
2 x/daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Anterior C/S Isometric

Place hand on forehead keeping head in neutral position and shoulders relaxed.
Gently push head straight forward into hand without allowing any movement of the head.
Gradually build tension and hold.
Repeat in at least 3 different angles.

Sets:	1
Reps:	Goal of 20 reps
Weight:	
Hold:	5-10 sec
Rest:	30-60
2 x/daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Lateral C/S Isometric

Place hand on side of head keeping head in neutral and shoulders relaxed.
Gently push head straight sideways into hand without allowing any movement of the head.
Gradually build tension and hold.
Repeat in at least 3 different angles.

Sets:	1
Reps:	Goal of 20 reps
Weight:	
Hold:	5-10 sec
Rest:	30-60
2 x/daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Median Nerve Glide Carpal Tunnel

Start with your hands in front of you at chest level with your palms facing upward. Move your your arms behind you reaching back slightly and placing palms facing the floor. A tension should be felt in the arms and the shoulder. To advance this nerve glide lower your shoulders slightly as you move the hands to their final position.

Sets:	1
Reps:	10x
Weight:	
Hold:	5 sec
Rest:	
2x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Ulnar Nerve Glide (Cubital Tunnel)

Start with your hand in front of your face (like your playing peek a boo). Keep your elbow at shoulder level or slightly higher and turn your arm out with your palm facing up and your fingers turned toward your head.

Sets:	1
Reps:	10x
Weight:	
Hold:	5 sec
Rest:	
2x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Paper Wadding

Begin by picking up an open piece of newspaper in one hand. Crumple the piece of paper while maintaining your hand in the air and without using any part of your body to help.

Notes:

Sets:	2-3
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



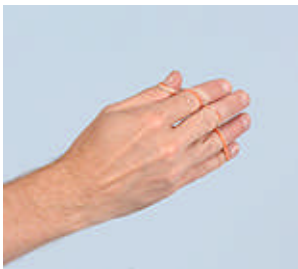
Wrist Roll Ups

Hold a broom stick or bar with a free weight attached to it with a string out in front of body. Roll bar to raise weight up. Then, with control, roll in the opposite direction to lower weight down.

Notes:

Sets:	1
Reps:	Goal of 20 reps
Weight:	
Hold:	5-10 sec
Rest:	30-60
2 x/daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Finger Abduction / Wrist Extensors

Wrap an elastic around each finger, twisting it once between each finger. Starting with fingers together, open the hand, separating each finger as far apart as possible. Hold, bring fingers back together and repeat. To offer more resistance use a thicker elastic.

Notes:

Sets:	1-2
Reps:	15-20
Weight:	
Hold:	2-5 sec
Rest:	30-60 sec
2 x/daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Wrist Suppination

Hold piece of tubing in hands with thumbs touching and palms facing each other. Roll wrists away from each other until palms face up and baby fingers are touching. Return to start and repeat.

Notes:

Sets:	1-2
Reps:	15-20
Weight:	
Hold:	2-5 sec
Rest:	30-60 sec
2 x/daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Wrist Pronation

Cross wrist over wrist (back to back). Hold tubing in bottom hand with palm facing down. Top hand holds tubing with palm facing up. Roll top wrist from palm up position to palm down. Return to start and repeat.

Notes:

Sets:	1-2
Reps:	15-20
Weight:	
Hold:	2-5 sec
Rest:	30-60 sec
2 x/daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Wrist Curls

Seated in readiness position stepping on tubing. Support forearm on thigh, and hold tubing with palm facing up. Start by curling fingers up into palm then pull tubing up by curling the wrist. Lower and repeat.

Notes:

Sets:	1-2
Reps:	15-20
Weight:	
Hold:	2-5 sec
Rest:	30-60 sec
2 x/daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Wrist Reverse Curls

Seated in readiness position stepping on tubing. Hold tubing with forearm resting on thigh and palm facing down. Bend wrist back to pull tubing straight up. Lower and repeat.

Notes:

Sets:	1-2
Reps:	15-20
Weight:	
Hold:	2-5 sec
Rest:	30-60 sec
2 x/daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Wrist Hammer Curl

Seated in readiness position stepping on tubing. Hold tubing with forearm resting on thigh and palm facing in. Bend wrist straight up sideways. Lower and repeat.

Notes:

Sets:	1-2
Reps:	15-20
Weight:	
Hold:	2-5 sec
Rest:	30-60 sec
2 x/daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Biceps Curl

Standing or seated in readiness position stepping on tubing. Arm down at side holding tubing with palm facing up. Slowly pull tubing up while keeping elbow against side of body. Lower and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60 sec
4 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

Thrower's 10 program Biceps curl



R/C Internal Rotation

Standing or sitting in readiness position. Attach tubing at elbow level from same side of body. Hold tubing out away from body, keeping elbow bent to 90° and tight to the side. Pull tubing in toward stomach keeping elbow against side. Repeat.

Sets:	1-2
Reps:	15-20
Weight:	
Hold:	2-5 sec
Rest:	30-60 sec
2 x/daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Shoulder Horiz. Abd. - Supine

Lying on back holding tubing above chest. Pull tubing, bringing arms straight out sideways squeezing through the mid back. Avoid shrugging shoulders and keep shoulder blades squeezed down and back throughout the motion. Slowly return to starting position. Repeat.

Sets:	1-2
Reps:	15-20
Weight:	
Hold:	2-5 sec
Rest:	30-60 sec
2 x/daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

THIS EXERCISE CAN BE DONE IN STANDING.



R/C External Rotation

Standing or sitting in readiness position. Attach tubing at elbow level from opposite side of body. Hold tubing against stomach keeping elbow bent to 90° and tight to side of body. Pull tubing out away from body keeping elbow tight to side. Repeat.

Sets:	1-2
Reps:	15-20
Weight:	
Hold:	2-5 sec
Rest:	30-60 sec
2 x/daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Active Hamstring

Lying on back, hug one knee up to chest.
Keeping knee to chest, straighten the knee as far as possible to feel a stretch in the back of the upper leg. Hold, bend knee back down, and repeat.

Notes:

Sets:	
Reps:	2x
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Knee Across Chest - Supine

Lying on back, hug one knee up and bring across body toward opposite shoulder to feel a stretch in the buttocks.

Notes:

Place hand over top of the knee rather than under it as pictured above.

Sets:	
Reps:	2x
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Side Lying Hip Flexors

Lying on side, grasp ankle of top leg.
Keep knee, hip and shoulder in line.
Maintain a neutral pelvis and gently pull to feel a stretch in the front of the hip.

Notes:

Sets:	
Reps:	2x
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Gastrocs - Step

Standing tall with ball of foot on edge of stair or block.
Drop heel over edge to feel stretch in the calf.

Notes:

DO NOT USE A STEP STOOL. USE A STAIR STEP WITH GOOD SUPPORT.

Sets:	
Reps:	2x
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Hamstrings - Chair

Stand facing square to a chair, feet shoulder width apart. Place heel of one foot up on chair, keeping knee straight and toes pointed upward. Keep your back straight and bend at hip until a stretch is felt in your hamstring. (Don't look at your feet focus on something in front of you at shoulder level)

Sets:	
Reps:	2x
Weight:	
Hold:	30 sec
Rest:	
2 x/day	

Notes:

YOU DO NOT NEED TO USE A CHAIR TO PERFORM THIS STRETCH. A STOOL WILL WORK WELL.

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Abdominal Hollow Marching

Lying on back with knees bent and feet flat on the floor. Arms 45° at sides with palms up. Maintain abdominal hollow, raise one foot up off the floor keeping knees level. Bring foot back down and alternate.

Sets:	1
Reps:	Goal of 20 reps
Weight:	
Hold:	5-10 sec
Rest:	30-60
2 x/daily	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Ab Hollow / Knee Fall Out

Lying on back with knees bent and feet together. Allow one leg to drop outward while maintaining an abdominal hollow. Only move leg outward through a range that you can maintain abdominal control. Return knee to upright and alternate.

Sets:	1
Reps:	Goal of 20 reps
Weight:	
Hold:	5-10 sec
Rest:	30-60
2 x/daily	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Abdominal Hollow Arm / Leg Raise

Lying on back with knees bent, feet flat on the floor and arms raised straight up in front. Lift one foot up keeping knees level and raise opposite arm over head to the floor. Maintain abdominal hollow throughout movement. Return to starting position and alternate.

Sets:	1
Reps:	Goal of 20 reps
Weight:	
Hold:	5-10 sec
Rest:	30-60
2 x/daily	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Bridge

Lie on back with knees bent and feet flat on the floor. Place arms 45° at sides with palms up. From a pelvic tilt position and maintaining abdominal hollowing, squeeze buttocks and slowly raise pelvis up off floor into a bridge position. Shoulder blades should remain on floor. Hold at end position, then lower and repeat.

Sets:	1
Reps:	Goal of 20 reps
Weight:	
Hold:	5-10 sec
Rest:	30-60
2 x/daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Crunches Arms Crossed

Lying on back with knees bent and feet on the floor. Cross arms across chest and raise upper body up off floor until shoulder blades clear the floor. Maintain abdominal hollowing throughout movement and keep chin in neutral.

Sets:	1
Reps:	Goal of 20 reps
Weight:	
Hold:	5-10 sec
Rest:	30-60
2 x/daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Abdominal Obliques Arm Reach

Lying on back with knees bent, feet flat on the floor and one hand resting behind head. Suck stomach in to curl body up until shoulder blades are off floor. Reach across body to opposite knee. Keep stomach sucked in as you lower back down. Keep chin in neutral, elbow back and do not pull on head.

Sets:	1
Reps:	Goal of 20 reps
Weight:	
Hold:	5-10 sec
Rest:	30-60
2 x/daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Cross Crawl Quadruped

On hands and knees, maintain abdominal hollow and keep back flat. Slowly extend one leg behind while at the same time extending opposite arm out in front until parallel with floor. Keep trunk square and stable. Return arm and leg to floor and alternate.

Sets:	1
Reps:	Goal of 20 reps
Weight:	
Hold:	5-10 sec
Rest:	30-60
2 x/daily	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Olivieri Chiropractic and Rehabilitation Center

1501 Route 47 South
Rio Grande, NJ 08242

Phone: (609) 886-8585 Fax: (609) 886-8540

Client : **NWBWC**

ID : Writer's Hump Prevention THR :

Issued By : **Ronald Glover, Physical Therapist**

Date : Wednesday, June 03, 2009



Biceps Curl

Seated or standing in readiness position holding weights down at sides with palms facing in. Raise one weight up, rotating palm to face up, keeping elbow tight against side. Repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60 sec
4 x/week	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31