CERVICAL/SCAPULAR

PEP PADS
PROGRESSIVE EXERCISE PRESCRIPTION PADS

INDICATIONS:
The following exercises are to be used to complement your therapy treatment.
Exercise is effective for:
1. improving strength and endurance.
2. decreasing swelling.
3. improving mobility and flexibility.

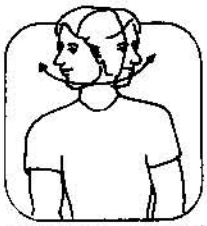
Do each exercise rhythmically.

PRECAUTIONS:
Discontinue any exercise if there is increase in pain, temperature or swelling in the exercised joint.

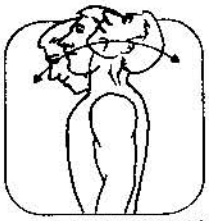
EXERCISE FREQUENCY:

REPETITIONS OF EACH:

NOTES:

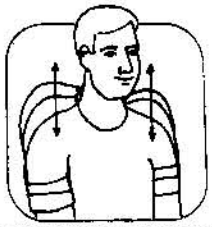


☐ **1. CERVICAL ROTATION:** Sit upright. Rotate your head slowly to the right. Hold for 2 seconds. Repeat to the left.



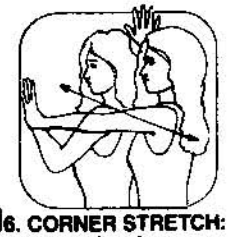
☐ **2. FLEXION/EXTENSION:** Tuck your chin to your chest. Hold for count of 2. Now extend your head back. Repeat.

☐ **3. POSTERIOR GLIDE:** Keeping your chin level, glide your head & neck back on your shoulders. Hold for 2 seconds. Return to neutral. Repeat.

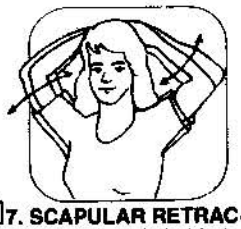


☐ **4. SHOULDER SHRUG:** Shrug your shoulders up. Hold for count of 2. Depress them. Hold for count of 2. Repeat.

☐ **5. POSTERIOR STRETCH:** Bring both arms back simultaneously, as shown, & stretch. Reverse positions with each arm. Stretch. Repeat.

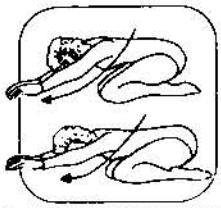


☐ **6. CORNER STRETCH:** Stand 2 to 3 feet from a corner with one hand placed on each wall. Lean into the corner. Stretch. Return. Repeat.

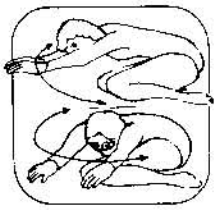


☐ **7. SCAPULAR RETRACTION:** Clasp hands behind your head, elbows up. Bring your elbows back as far as possible. Hold for a count of 5. Relax. Repeat.

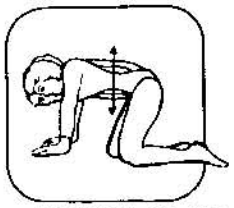
☐ **8. LATERAL NECK STRETCH:** Sit upright with your hand clasped to the surface you are sitting on as shown. Move your head sideways—away from the fixed hand. Hold the stretch for a count of 5. Then perform the same exercise on the other side. Repeat.



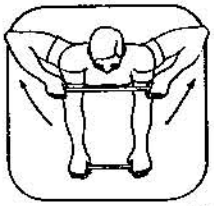
☐ **9. THORACIC STRETCH:** Crouch on knees with arms straight out in front of you. Push chest to floor & reach forward at the same time. Hold stretch. Relax. Repeat.



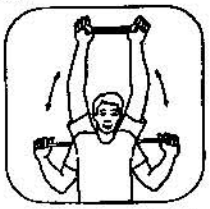
☐ **10. SIDE STRETCH:** Position yourself as shown. Reach as far as possible to one side while keeping chest as low as possible. Stretch. Perform in other direction. Repeat.



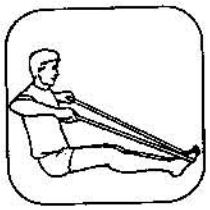
☐ **11. CAT STRETCH:** Get up on hands & knees. Let your back sink down & sag. Now arch up and stretch. Repeat.



☐ **12. SCAPULAR RETRACTION WITH THERABAND:** Sit upright with your arms straight out in front of you. Grasp theraband in both hands as shown. Now pull your elbows back, pinching your shoulder blades together. Hold. Relax. Repeat.



☐ **13. LAT PULL DOWN WITH THERABAND:** Sit upright with your arms extended above your head. Grasp theraband as shown. Pull your elbows down so the theraband goes behind your head to the middle of your shoulder blades. Hold briefly. Return to starting position. Repeat.



☐ **14. SEATED ROWING WITH THERABAND:** sit as shown with the theraband hooked over the balls of your feet. Return to the upright sitting position while pulling back on the theraband until you pinch your shoulder blades together. Return to starting positon. Repeat.

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