

HOME EXERCISE & STRETCH PLAN

Movement Plan for Marty M.

CERVICAL

Doorway Stretch (High)



How to do it: Place your forearms high on a doorway with elbows above shoulder level. Gently lean forward until you feel a stretch across the chest.

Sets ____ Reps ____ Hold ____ Sec/min Days / week ____

Cat Cows



How to do it: On hands and knees, slowly alternate between rounding your spine upward and lowering your belly while lifting your chest and head.

Sets ____ Reps ____ Hold ____ Sec/min Days / week ____

Wall Chin Tuck with Snow Angels



How to do it: Stand against a wall with your chin tucked. Keeping your head and back against the wall, slowly slide your arms upward and back down.

Sets ____ Reps ____ Hold ____ Sec/min Days / week ____

Chin Tuck



How to do it: Keeping your head level, gently draw your chin straight backward to bring your ears over your shoulders. Hold briefly, then relax.

Sets ____ Reps ____ Hold ____ Sec/min Days / week ____

THORACIC

Ball Up Wall



How to do it: Place both hands on a ball against the wall and slowly roll it upward, reaching as high as comfortable while keeping your shoulders.

Sets ____ Reps ____ Hold ____ Sec/min Days / week ____

Thoracic Extensions



How to do it: Support your upper back over a ball or roller and gently extend backward through the mid-back, then return to the starting position.

Sets ____ Reps ____ Hold ____ Sec/min Days / week ____

LUMBAR

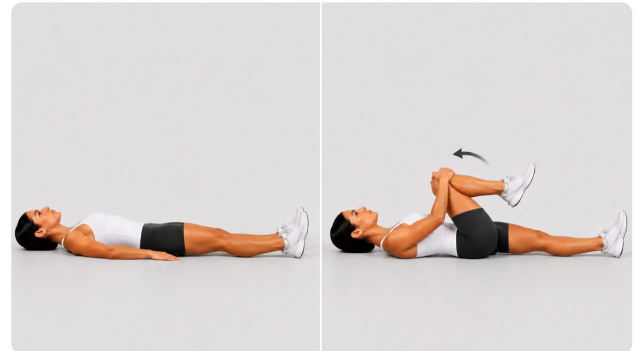
Seated Piriformis and Hip Stretch



How to do it: Sit tall and cross one ankle over the opposite thigh. Gently lean forward until you feel a stretch in the hip and buttock.

Sets ____ Reps ____ Hold ____ Sec/min Days / week ____

Single Knee to Chest Stretch



How to do it: Lie on your back and bring one knee toward your chest. Gently pull it closer with both hands while keeping the other leg relaxed.

Sets ____ Reps ____ Hold ____ Sec/min Days / week ____

LUMBAR

Double Knee to Chest on Ball



How to do it: Lie on your back with your feet on a ball. Bend your knees and roll the ball toward you, bringing both knees toward your chest.

Sets ____ Reps ____ Hold ____ Sec/min Days / week ____

Hooklying Clam Shell



How to do it: Lie on your back with knees bent and feet together. Slowly let both knees open outward, then bring them back together with control.

Sets ____ Reps ____ Hold ____ Sec/min Days / week ____

HOW TO USE THIS PLAN

- Move slowly and stay inside a comfortable range. Mild muscle fatigue is expected.
- If you ever feel any sharp pain, tingling numbness, or symptoms traveling down your arms or legs, please stop and inform your therapist at your next appointment.

This plan is a general home care guide prescribed for you at your current level. Stop any movement that causes sharp or spreading symptoms and let us know at your next visit.