

Exercise plan:
stretches

Patient:
Gillian Thomas

Date:
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Neck Flexion



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Tuck your chin in and then roll your head forwards. You should feel a gentle stretch at the back of your neck. Return to the start position.

Sets: 1 | Time: 10 - 30 secs

Video: <http://youtu.be/NZHdC0aeJIs>

Posterior Scalene Stretch



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Place your fingers in the webbing of your neck (just above the collar bone), and rotate your neck to the opposite side, and tuck your chin down. You will feel the stretch under your fingers at the side of the neck. Hold the stretch, and relax.

Sets: 1 | Time: 10 - 30 secs | Both sides

Video: <http://youtu.be/EdKGB0v4Mng>

Neck Flattening

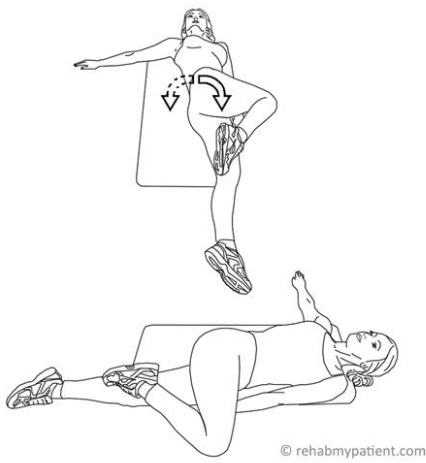


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Lying flat, tuck your chin down to your chest reducing the gap between your neck and the floor. You will feel a gentle stretch at the top back of your neck. Hold this position, and then relax. Repeat as required.

Sets: 1 | Repetitions: 5 | Time: 10 sec

Video: http://youtu.be/gk0_z3iQ6Qc

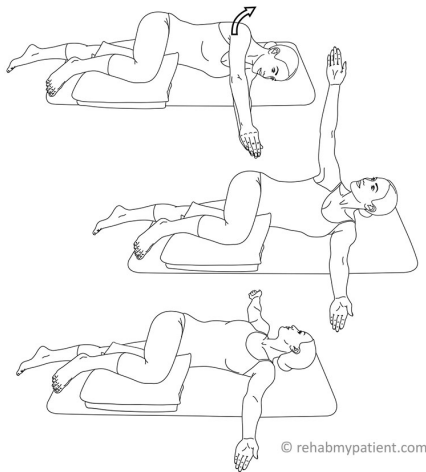


Supine Lumbar Twist Stretch

Lying flat on your back, cross one leg over the other by twisting your hips and spine. Keep your opposite arm outstretched. You can hold on to your knee to make the stretch stronger if you feel comfortable.

Sets: 1 | Repetitions: 5 | Time: 10 sec | Both sides

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

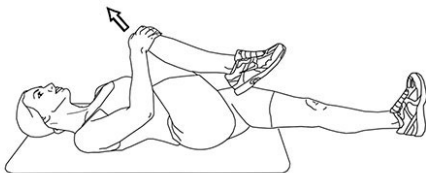


Open Book

Lie on your side, with your bottom leg straight, and your top leg resting on two pillows to keep your leg in alignment with your pelvis. Place your arms and hands together. Slowly rotate your upper back as you open your arms and shoulders as far as feels comfortable. Your bottom arm remains on the floor. As you open your arms, you follow your hand with your eyes. You should feel a stretch to your upper back, chest and shoulder.

Sets: 1 | Time: 10 sec | Both sides

Video: https://youtu.be/MlnTwM_CSyQ



Glute Stretch Supine 1

Lie on your back, and bring your knee towards your opposite shoulder to feel a stretch in your bottom. Tip: changing the angle you take the leg will change the position of the stretch and you can play around with the position to find the stretch that feels most effective for you.

Sets: 1 | Time: 10 - 30 secs | Both sides

Video: <http://youtu.be/6ovFfq2UNxc>

Dear All, please stop any exercise that causes pain. If you have any questions with an exercise, just email me on gillianthomaspilates@gmail.com. Good luck and keep with it!