

# UPPER DYNAMIC EXERCISES

## CHIN RETRACTIONS

Begin by either standing or sitting tall in good posture. Look straight ahead (Fig.1), pull chin back towards the neck (Fig.2). Hold for 2 to 3 seconds, release. You will feel an elongation in the neck. For a little extra resistance, try leaning your head against a wall with a ball or a ponytail if you have one, or the headrest of your car while at a stop light. *Perform 3-4 times every hour, holding for 2-3 seconds.*



Figure 1

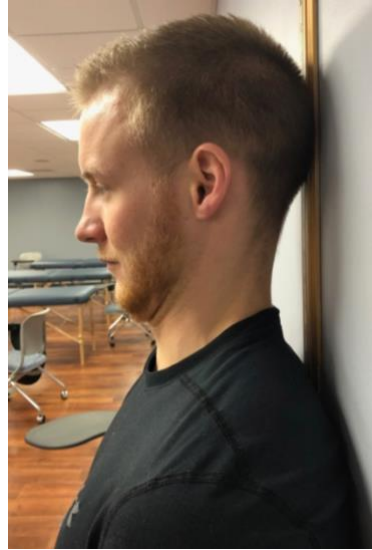


Figure 2

## SHOULDER “CLOCKS”

Begin by standing facing an open wall with hand placed on wall in “center of the clock” (Fig. 3). Keeping hand flat on the wall, slide arm to the “12 o'clock” position (Fig. 4). Return hand to neutral position in Figure 3. Continue with same motion to remaining positions following a clockwise pattern (Fig. 5). *Perform 3 sets of 15 reps/full cycles, 2-3 times daily.*

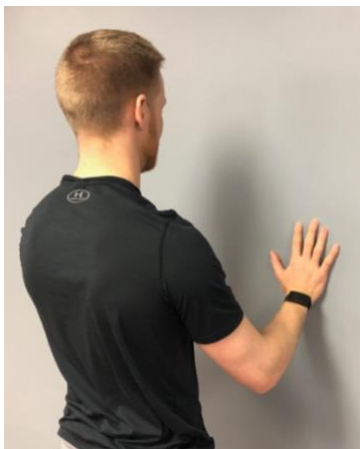


Figure 3

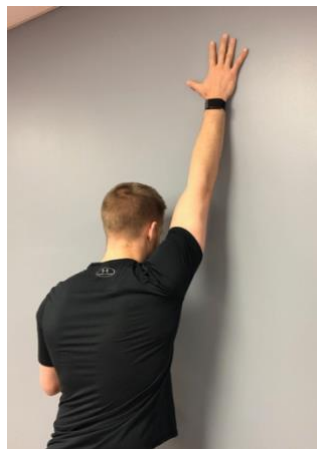


Figure 4

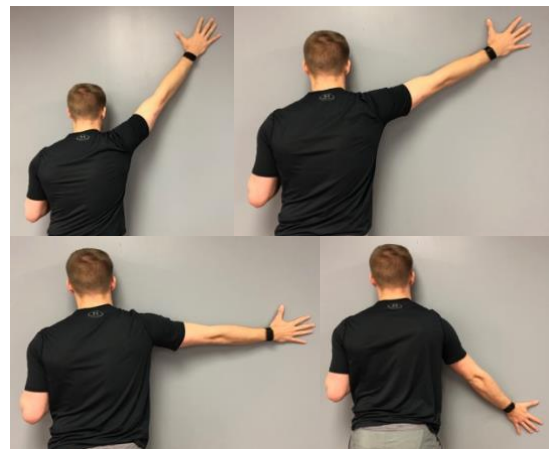


Figure 5

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## SIDE-LYING “BOW AND ARROW”

Begin by laying on unaffected side. Hold both arms out fully extended in-front of you making sure they remain parallel with each other (Fig. 6). Reach forward with opposite arm as far as possible (Fig. 7). Return arm to neutral position in Figure 6. Make sure that arms do not cross and remain straight. For added intensity, follow same steps with a minor dumbbell (2-5 lbs.) in reaching hand. *Perform 2 sets of 10 reps, 2-3 times daily.*



Figure 6



Figure 7

## MID-BACK EXTENSIONS (WALL VERSION)

Begin by sitting in a chair without wheels facing an open wall. Hold both hands together and place them behind your neck while resting elbows against the wall (Fig. 8). Push through elbows moving them upwards on the wall and extending the mid-back area (Fig. 9). Return back to neutral position in Figure 8. Make sure both feet remain planted on the ground and the chair does not move backwards during extension motion. *Perform 10-12 reps when stiffness symptoms present themselves, holding for 4-5 seconds.*



Figure 8



Figure 9

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## MID-BACK EXTENSIONS (CHAIR VERSION)

Begin by sitting in a chair without wheels and does not recline. Hold both hands together and place them behind your neck while elbows are at a neutral level (Fig. 10). Extend mid-back over back part of the chair (Fig. 11). Return back to neutral position in Figure 10. Make sure both feet remain planted on the ground and the chair does not move backwards during extension motion. *Perform 10-12 reps when stiffness symptoms present themselves, holding for 4-5 seconds.*



Figure 10

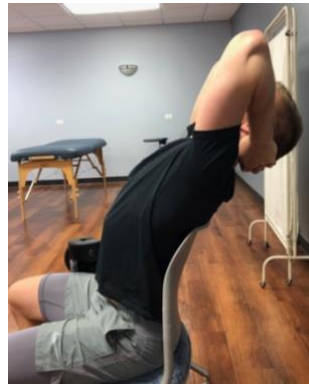


Figure 11

## DEADBUGS

Set up by lying on your back with your knees bent and your feet flat on the floor while resting your arms alongside your body. Allow your shoulders and lower back to fall “heavy” to the floor. Draw your shoulders down away from your ears. For starting position, lift your arms to your elbows are directly over your shoulders with your palms facing each other. Next, engage your abs to lift your legs so your knees are directly over your hips (Fig. 12). While exhaling, slowly lower one arm and the opposite leg until they are just above the surface you are laying on; do not let them touch the surface below (Fig. 13). While inhaling, bring them back to the starting position in Figure 12. Repeat these steps for the next arm and leg. This is 1 rep. To ease difficulty, this exercise can be performed by just moving arms or legs independently of each other. *Perform 5-10 reps, 1-2 times daily.*



Figure 12



Figure 13