

Notes :

1 Cervical nod, neutral



Sit down on a chair.
Lift your breastbone up slightly and draw your shoulder blades back to obtain a good posture. Nod your chin down as far as you can without involving the neck-only the head should move. Hold the nod at that point for the recommended time. Then relax and return your head to the starting position.



Sets: 1 Duration: 20 sec

3 Standing arm circles



if feeling uncomfortable at the shoulder joint, do elbow circles instead.

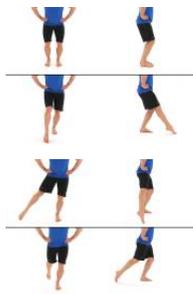


Stand up with your hands closed and your fingers bent back in with your thumbs facing forward. Lightly pull your shoulder blades back together, without arching the back and/or sticking the chest out.

Lift your arms on each side with thumbs pointing forward (palms down). Then perform 40 circles, keeping the tension on your shoulder blades the entire time. Once completed, point your thumbs backward (palm up) and repeat for another 40 circles on the other direction.

Sets: 1 Duration: 20 sec

5 Proprioception clock



Stand on one leg (injured leg) with your knee flexed about 40 degrees. Have the opposite leg move forwards, then sideways and backwards (clock) trying to keep your balance on the stance leg.

Sets: 1 Duration: 45-60 sec

2 Rotate the head side to side



- Turn head side to side while keeping the trunk steady.

Sets: 1 Duration: 20 sec

4 Standing twist (hand clap)



Stand up straight and reach out to the sides with your arms. Twist your trunk and hips all the way through, and reach one hand over to clap the other static hand. Return to the center and repeat on the other side.

Sets: 1 Duration: 20 sec

6 High knee walk



If balance is too much of a challenge, hold onto a desk or a wall on your side for stability. Take a step forward and bring one knee up, pulling it with the hands toward the chest. Raise on the tip of your toes as you pull. Lower the leg down in front and repeat with the other foot, alternating sides. Keep the back straight as you pull the knee and do not lean forward.

Sets: 1 Duration: 60sec

7 Marching on the spot with opposite shoulder flexion



Hold on to the railing and march on the spot with high knees, add arm movement (opposite shoulder flexion).

Progression: add 10 second intervals of quick feet every 30 seconds.

Sets: 1 Duration: 90 sec

9 Incline push-up with shoulder taps



Start in a plank position against a table or a piece of stable furniture with your hands shoulder width apart. Your body should be at a 45° angle with the ground. With your body stable and completely straight, bend the arms to bring the chest close to the table. Push-back to the starting position. Keep your chin tucked during the exercise.

While at the pushed-up position, tap each shoulder with the opposite hand. Keep your chin tucked during the exercise.

If you have recently had open heart surgery, make sure to place your hands close to each other to avoid strain on the incision.

Sets: 1 Duration: 45-60 sec

11 Reverse lunge to 1 leg RDL



Depth of the lunges will determine difficulty. If needed, hold onto a table or a wall on the side for balance.

Holding dumbbells in your hands, start by doing a reverse lunge by taking a long stride so both knees are 90°.

From the lunge position, pull through the front heel to stand tall.

Then, standing on the same leg, bend over with the back straight to go into a Romanian deadlift. To get back up, pull with the back of your leg. Use the free leg to counterbalance the movement.

Alternate between the reverse lunge and the RDL.

Sets: 1 Duration: 45-60 sec

8 Double leg sit-backs + Shoulder flexion



Add bilateral shoulder flexion to engage upper body at the same time.

Begin by standing upright on both legs in front of a chair or stool.

Push your hips backward-as if you're going to sit down and bend your knees into a squat position-to lightly touch the chair with your bottom.

Slowly return to the starting position.

Keep your knees aligned with your second toes.

Sets: 1 Duration: 45-60 sec

10 Flings (w/o jumping)



Perform the exercises without jumping. Instead, perform the dynamic movement from side to side.

Start with your hands straight out to the side and legs wide. From this position, jumping cross your right arm over your left and your right leg over your left.

Go back to the starting position do the other arm and leg and so on.

Sets: 1 Duration: 45-60 sec

12 Reverse one arm fly + opposite leg extension - inclined



Start in an inclined plank position, perform the exercise one side at a time.

Put your elbows on a table or a counter top and your feet on the ground""your elbows should be directly under your shoulders.

Set your back in a neutral position (slightly arched) and tuck your chin.

Slightly tighten your abdominals and lumbar muscles. Then (horizontally) lift one arm and the opposite leg without allowing the trunk or pelvis to move or rotate.

Lower your leg and arm and repeat the exercise with the other leg and the opposite arm.

Sets: 1 Duration: 45-60 sec

13 Side lunge with sword pull

Depth of the side lunge will determine difficulty.
If shoulder mobility limitation: horizontal shoulder pull instead of upward and to the side.



Hold a dumbbell in one hand and take a step towards the opposite side to drop into a side lunge, reaching with the dumbbell across your body toward your opposite foot.
Make sure to keep your heels on the ground and back straight.
Then, come back to a standing position while pressing the weight overhead and away from your body, like you're pulling a sword.

Sets: 1 Duration: 45-60 sec / side

15 Standing Chest + Upper Traps Stretch



Perform the exercise standing.

Start with feet flat on the floor, keep your core engaged and stand tall with a straight posture. Clasp your hands behind your back and extend your arms until you feel a stretch (without pain) in your chest. Hold the position.

While in stretch, open up your chest and push your shoulder blades together. Make sure not to hold your breath.

Make sure you are NOT shrugging, rounding your shoulders or bringing your head forward.

Stay within pain-free range of motion.

When in the stretching position, slowly bend your neck to one side until you feel an additional stretch on top of the shoulder. Hold the stretch for about 15 seconds, then bend your neck to the other side and have the same stretch on the opposite shoulder as well.

Sets: 1 Duration: 30-45 sec

14 Jogging on spot



Start with walking on spot.
If you feel comfortable, progress to jogging on spot.
If more progression needed, perform jump ropes on spot (small jumps: jump rope imitation)

Alternative progression: jog faster on the spot.

Sets: 1 Duration: 90 sec

16 Interior cuff stretch



If shoulder mobility limitation: perform posterior cuff stretch (with arm across the chest) instead.

Stand straight and bring one arm overhead with your elbow bent and your hand behind your back. Use the opposite arm to lightly pull on your elbow to accentuate the stretch.
Hold the position when you feel a comfortable stretch under your arm.

Sets: 1 Duration: 20 sec / side

17 Hip flexors stretch with side bending



Alternative: Perform the exercise seated on the chair.
Kneel down on one knee with one leg forward creating a 90 degrees angle with the opposite hip. If needed, place a rolled towel under your knee to feel more comfortable.

Hold a solid object for your balance if needed and move your supporting leg inward.
Tilt your pelvis backwards to flatten your lower back and transfer your weight forward to increase the split.

Raise your arm overhead and bend your trunk sideways to increase the stretch.
Maintain the position and relax.

Sets: 1 Duration: 20 sec/side

19 Stretching hamstrings



Stand up straight in front of a stool.
Place one foot on the stool and straighten your knee.
Lean your body slowly forward over your leg while keeping your knee straight, until you feel a stretch across the back of your leg.
Return your body to its original position.

Sets: 1 Duration: 20 sec/side

18 Seated piriformis stretch w/ trunk twist on the chair



Perform the exercise on a chair.

Sit with your back straight and cross one leg over the other.
Twist your trunk and place your hand on the inside part of your bent knee. You may have to apply pressure with the hand to feel a stretch on the buttock.

Hold on to the back of the chair with the other hand to increase the stretch and the trunk twist.
Maintain the position for the prescribed time.

Sets: 1 Duration: 20 sec/side