



**Notes :**

You may choose to do the upper body exercises in a seated or standing position. Start slowly with a few repetitions and increase them as you feel more comfortable. Try to increase gradually the range of motion and avoid painful movements. You might feel some tensions in your joints or muscles but you should not be feeling any increasing pain.

**1 Seated soldier walk**



Duration: 1-2 minutes

**2 Shoulder shrug**



Sets: 1-2 Reps: 10-15 Freq: 2-3x/wk Tempo: slow Rest: up to 60s.

**3 Shoulder circumduction**



Sets: 1-2 Reps: 10-15 Freq: 2-3x/wk Tempo: slow Rest: up to 60s.

**4 Hand squeeze: iso. strength**



Sets: 1-2 Reps: 10-15 Freq: 2-3x/wk Tempo: slow Rest: up to 60s.

**5 Brugger exercise**



Sets: 1-2 Reps: 10-15 Freq: 2-3x/wk Tempo: slow Rest: up to 60s.

**6 Straight leg raise w/ add/abd**



Sets: 1-2 Reps: 10-15 Freq: 2-3x/wk Tempo: slow Rest: up to 60s.

**7 Toe Stand**



Sets: 1-2 Reps: 10-15 Freq: 2-3x/wk Tempo: slow Rest: up to 60s.

**8 Standing knee flexion**



Sets: 1-2 Reps: 10-15 Freq: 2-3x/wk Tempo: slow Rest: up to 60s.

**9 Shoulder flex./abd./add.**



Sets: 1-2 Reps: 10-15 Freq: 2-3x/wk Tempo: slow Rest: up to 60s.

**10 Back straightening**



Sets: 1-2 Reps: 10-15 Freq: 2-3x/wk Tempo: slow Rest: up to 60s.



**11 Core activation in sitting**



Sets: 1-2 Reps: 10-15 Freq: 2-3x/wk Tempo: slow Rest: up to 60s.

**12 Seated twist (hand clap)**



Sets: 1-2 Reps: 10-15 Freq: 2-3x/wk Tempo: slow Rest: up to 60s.

**13 Seated hamstrings stretch**



Sets: 1-2 Freq: 2-3x/wk Duration: 30 to 45 secs

**14 Glutes stretching, figure 4**



Sets: 1-2 Freq: 2-3x/wk Duration: 30 to 45 secs

**15 Shoulder self-mobilization**



Sets: 1-2 Freq: 2-3x/wk Duration: 30 to 45 secs

**16 Trunk flexion**



Sets: 1-2 Freq: 2-3x/wk Duration: 30 to 45 secs