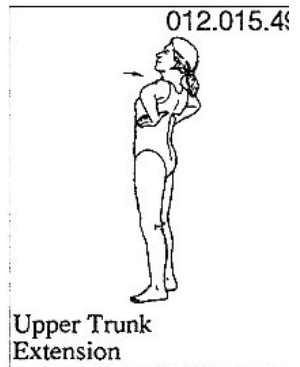
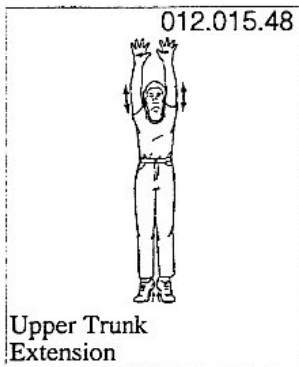
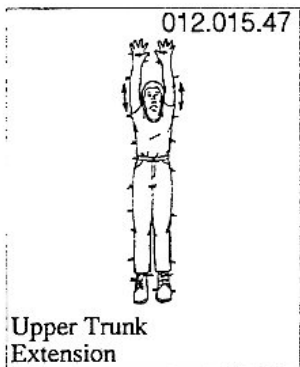
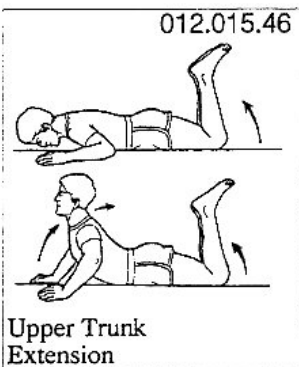
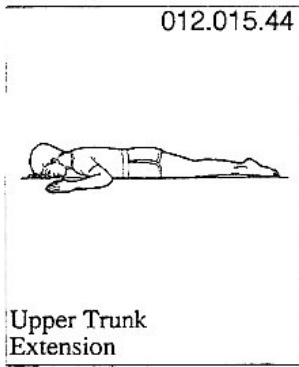
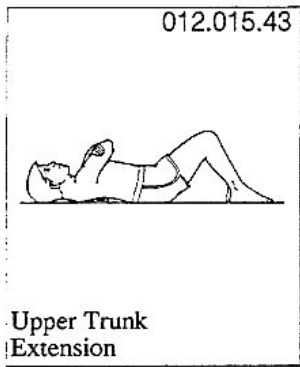
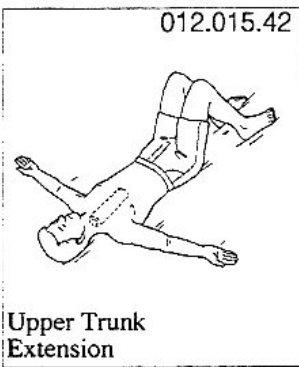
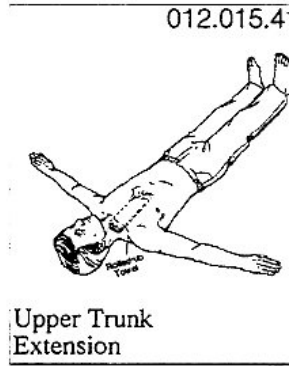
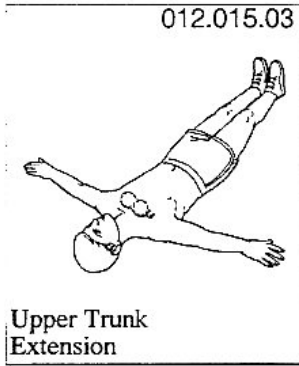
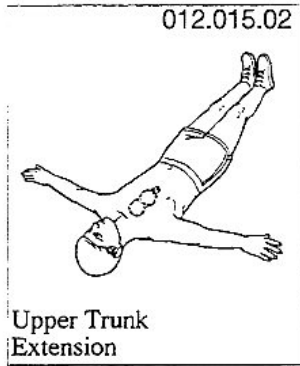
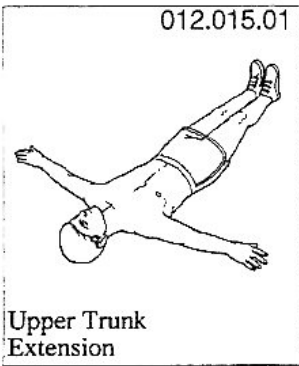
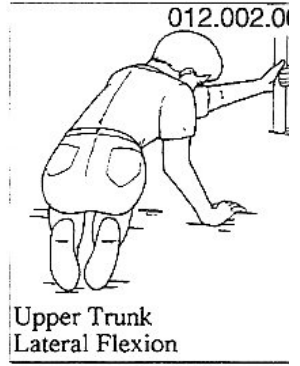
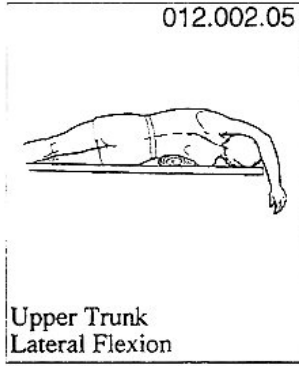
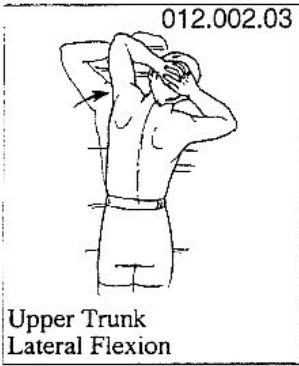




**BEFORE PREFORMING ANY OF THE FOLLOWING EXERCISES:**

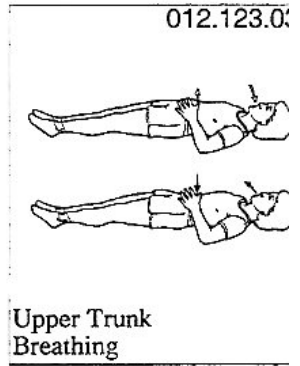
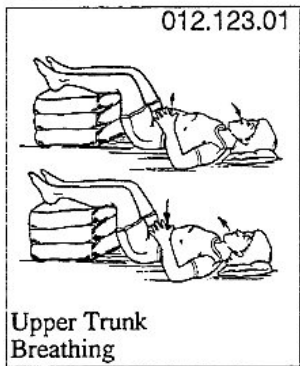
Please follow the doctor's instructions very carefully to prevent injury and gain the maximum benefit from your rehabilitative exercises. Only address the specific exercises which the doctor has indicated. Also, never begin any new exercise program or stretching regiment without first consulting your doctor.

# Upper Trunk



## Miscellaneous

Saunders  
Physiotherapy  
Saunders Basic Collection  
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## Upper Trunk

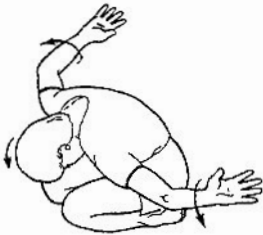
## Stretching

- 012.001.01
1. Assume squatting position shown
  2. Slump shoulders forward, rounding your back
  3. Hold \_\_\_\_\_ seconds
  4. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day



Upper Trunk  
Flexion

- 012.001.02
1. Assume position shown
  2. Tuck head downward, and rotate shoulders up behind your back as shown
  3. Hold \_\_\_\_\_ seconds
  4. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day



Upper Trunk  
Flexion

- 012.002.01
1. Sit or stand with hands clasped behind head as shown
  2. Raise tip of \_\_\_\_\_ elbow upward as you move tip of other elbow downward
  3. Bend without allowing hips to move so you feel a stretch in upper back
  4. Hold \_\_\_\_\_ seconds
  5. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day



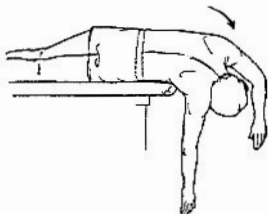
Upper Trunk  
Lateral Flexion

- 012.002.03
1. Stand or lie on your belly
  2. Clasp hands behind head as shown
  3. Tip \_\_\_\_\_ elbow upward, and opposite elbow downward, without leaning your whole body sideways
  4. You should feel the stretch more in the upper back than in the lower back
  5. Hold \_\_\_\_\_ seconds
  6. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day



Upper Trunk  
Lateral Flexion

- 012.002.04
1. Lie on \_\_\_\_\_ side over edge of table
  2. Allow upper arm to sag overhead as shown
  3. Hold \_\_\_\_\_ seconds
  4. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day



Upper Trunk  
Lateral Flexion

## Upper Trunk

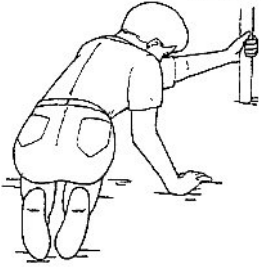
## Stretching

- 012.002.05
1. Lie on \_\_\_\_\_ side over rolled up blanket as shown
  2. Reach overhead with top arm
  3. Hold \_\_\_\_\_ seconds/minutes
  4. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day



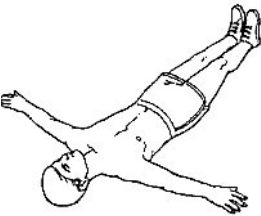
### Upper Trunk Lateral Flexion

- 012.002.06
1. Hold onto object with \_\_\_\_\_ hand, as shown
  2. Sit back onto heels
  3. Hold \_\_\_\_\_ seconds
  4. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day



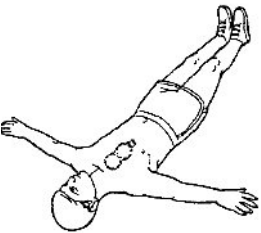
### Upper Trunk Lateral Flexion

- 012.015.01
1. Lie flat on back with arms out to side as shown
  2. Hold \_\_\_\_\_ seconds
  3. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day



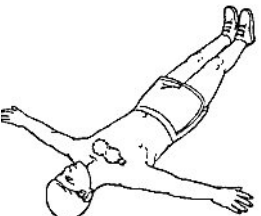
### Upper Trunk Extension

- 012.015.02
1. Place one or two racquetballs or tennis balls in sock as shown
  2. Lie on back with sock aligned as instructed by exercise provider
  3. Hold \_\_\_\_\_ seconds/minutes
  4. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day



### Upper Trunk Extension

- 012.015.03
1. Place two racquetballs or tennis balls in sock as shown
  2. Lie on back with sock aligned as instructed by exercise provider
  3. Hold \_\_\_\_\_ seconds/minutes
  4. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day

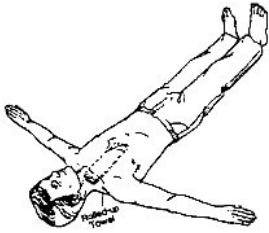


### Upper Trunk Extension

## Upper Trunk

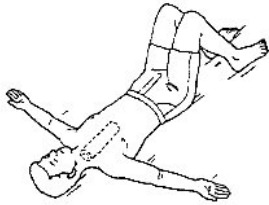
## Stretching

- 012.015.41
1. Roll a small towel so that it makes a firm roll 2-3 inches thick
  2. Lie on back with towel aligned as instructed by exercise provider
  3. Hold \_\_\_\_\_ seconds/minutes
  4. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day



### Upper Trunk Extension

- 012.015.42
1. Roll a small towel so that it makes a firm roll 2-3 inches thick
  2. Lie on back with towel aligned as instructed by exercise provider
  3. Hold \_\_\_\_\_ seconds/minutes
  4. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day



### Upper Trunk Extension

- 012.015.43
1. Roll a small towel so that it makes a firm roll 2-3 inches thick
  2. Lie on back with towel aligned under back as instructed
  3. Hold \_\_\_\_\_ seconds/minutes
  4. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day



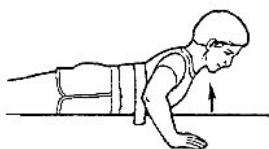
### Upper Trunk Extension

- 012.015.44
1. Lie flat on belly as shown
  2. Turn head to side or place a small towel under forehead for comfort
  3. Position of the arms may be varied
  4. Hold \_\_\_\_\_ seconds/minutes
  5. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day



### Upper Trunk Extension

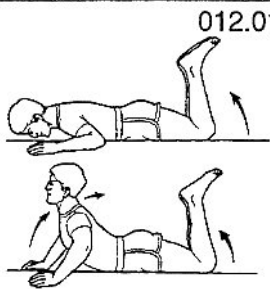
- 012.015.45
1. Assume position shown, with strap anchored below waist
  2. Straighten arms to press trunk upward until you feel a stretch
  3. Hold \_\_\_\_\_ seconds
  4. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day



### Upper Trunk Extension

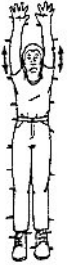
## Upper Trunk

## Stretching



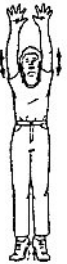
- 012.015.46
1. Assume position shown as though you are beginning a push-up, except bend knees as shown
  2. Keeping pelvis flat on floor, straighten arms to press trunk upward until you feel a stretch
  3. Hold \_\_\_\_\_ seconds
  4. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day

### Upper Trunk Extension



- 012.015.47
1. Stand with arms overhead as shown
  2. Stretch, as though you are trying to make yourself taller
  3. Hold \_\_\_\_\_ seconds
  4. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day

### Upper Trunk Extension



- 012.015.48
1. Stand on tip toes, arms overhead as shown
  2. Reach upward as though trying to make yourself taller
  3. Hold \_\_\_\_\_ seconds
  4. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day

### Upper Trunk Extension



- 012.015.49
1. Place thumbs firmly against upper back as shown (place at a specific level if instructed by exercise provider)
  2. Bend backward until you feel a stretch
  3. Hold \_\_\_\_\_ seconds
  4. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day

### Upper Trunk Extension