

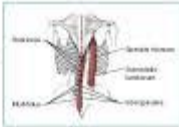
LOW BACK PAIN

Seated Lower-Trunk Extensor Stretch



Technique

1. Sit upright in a chair with legs spread apart.
2. Gently round the upper back and begin to lean forward.
3. Continue to bend at the waist until you feel the head and shoulders between the legs and touch the thighs.



Muscles Stretched

Most stretched muscles: erector spinae, multifidus.
Less stretched muscles: interpharyngeal, scalenes, cervical thoracic

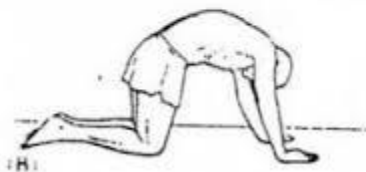


Fig. 1 Cat/camels



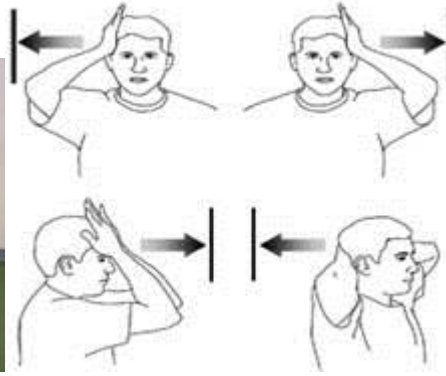


Figure 5a: Foam rolling pec



Figure 5b: Stretching pec



Brachial Plexus Injury (Stinger/Burner) Rehabilitation Exercises



Isometric neck flexion



Isometric neck extension



Isometric neck side bend



Head lift with neck curl



Head lift with neck side bend



Neck extension on hands and knees



Shoulder shrug



Shoulder abduction