

Exercise plan:
Desk Exercises

Patient:
Rhona Guerin

Date:
07th Apr 2020



Levator Scapulae Stretch

Bend your neck forwards, and then side-bend your neck by taking your left ear towards your left shoulder. Hold on to a chair to make the stretch stronger. This will allow you to feel a stretch at the back and side of your neck. You can make the stretch stronger by assisting with your hand.

Hold for 10 | Repeat 5 times | Perform 3-4 times daily | Perform both sides

Video: <http://youtu.be/imLiEN0Kf14>



Neck Side Flexion Overstretch 2

Ensuring your nose is pointing forwards, bend your neck as if you were taking your left ear towards your left shoulder, using your hand to gently apply overpressure. Hold on to a chair to make the stretch stronger. You should feel the stretch to your neck on the same side you are holding on to the chair. Repeat to the right. This exercise will help improve mobility to your neck.

Hold for 10 | Repeat 5 times | Perform 3-4 times daily | Perform both sides

Video: <http://youtu.be/tu9xdU2N9ao>



Passive Flexion Arm Lift Full

Use your good arm to lift your painful arm (which should stay relaxed). Take your arm as high as feels comfortable. Stop when you feel pain, and slowly lower your arm. This exercise will help improve your shoulder mobility.

Hold for 10 | Repeat 5 times | Perform 3-4 times daily | Perform both sides

Video: <http://youtu.be/UUVMNEE-4h8>



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Triceps and Lats Stretch

Lift your arm above your head, and try to pull your arm back down while putting resistance through the elbow. Your arm should not move. Side bend your body away from your arm to create a stretch just behind your armpit. This exercise stretches your tricep and latissimus dorsi muscle.

Hold for 10 | Repeat 5 times | Perform 3-4 times daily | Perform both sides

Video: <http://youtu.be/g4uyCjwPJDw>



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Pec Stretch

Bend your elbow 90 degrees, and rest your forearm against a door frame or wall, with your fingers pointing towards the ceiling. Lean forwards creating a stretch across your upper arm, front shoulder and slightly into your chest. This exercise stretches the pectoral muscle.

Hold for 10 | Repeat 5 times | Perform 3-4 times daily | Perform both sides

Video: <http://youtu.be/OHtz3C0v9IM>



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Forearm Flexor Stretch Standing

Straighten your arm out in front of you, and pull your fingers back (using your other hand). The crease of your elbow should be facing towards the ceiling and fingers pointing down. This exercise helps stretch the forearm flexor muscles, and can help with repetitive strain injuries to the wrist and elbow, as well as golfer's elbow.

Hold for 10 | Repeat 5 times | Perform 3-4 times daily | Perform both sides

Video: <http://youtu.be/oQpskjE937M>



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Sitting Forward Hang

Sitting down, round your back and let your arms hang in front of you. You should feel a gentle stretch over your spine.

Hold for 10 | Repeat 5 times | Perform 3-4 times daily

Video: <http://youtu.be/GrWP8fLx0-g>

Chair Rotation



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Sitting in an upright position, rotate your upper body by moving your hand towards the opposite side of the chair back-rest. You can let the head follow, but progress by keeping the head straight forwards, thus making the rotation stronger. This is a great exercise to do while sitting for long periods of time if you feel your back is getting stiff.

Hold for 10 | Repeat 5 times | Perform 3-4 times daily

Video: <http://youtu.be/BINhowQbyA8>



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Lumbar Rotation Opposite Twist

Bend your knees, and keeping your feet flat on the floor, rotate your hips to one side creating a rotation through your lower back. Only go as far as feels comfortable, you do not need to get your knees to the floor. With straight arms, rotate to the opposite side at the same time. This is a strong lower back stretch suitable for more athletic people.

Hold for 10 | Repeat 10 times | Perform 2-3 times daily | Perform both sides

Video: <http://youtu.be/P7FcRhBg2RQ>

Dear Rhona, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on rhonaguerin@gmail.com. Good luck and keep with it!

Exercise Diary:



Levator Scapulae Stretch

07. Apr (Week 1)							14. Apr (Week 2)							21. Apr (Week 3)							28. Apr (Week 4)						
T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M

05. May (Week 5)							12. May (Week 6)							19. May (Week 7)							26. May (Week 8)						
T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M



Neck Side Flexion Overstretch 2

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Passive Flexion Arm Lift Full

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Triceps and Lats Stretch

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Pec Stretch

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Forearm Flexor Stretch Standing

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Sitting Forward Hang

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Chair Rotation

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Lumbar Rotation Opposite Twist

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