First round of exercises (weeks 1-3)

Cervical Retractions

Perform 1 set of 10 reps, 3 times per day. Sit or stand looking forward with good posture. Tuck your chin to create a double chin. Hold this position for 3-5 seconds. Return to the starting position. Focus your vision on a spot on the wall to avoid neck flexion or extension. To progress, place a finger on your chin, and apply backwards pressure at end range. Imagine that your head is on drawer slides. Keep your mouth closed. Perform 1 set of 10 repetitions 3-10 times per day. Alternately, this exercise may be performed standing with your back against a wall. Your buttocks and shoulder blades should be in contact with the wall. Tuck your chin to make a "double chin" until the base of your skull contacts the wall, relax and repeat as directed.

Levator Stretch

Perform 3 sets of 10 reps, 2 times per day. While sitting, grasp the seat of your chair with your left hand. Rotate your head toward the right and look downward toward the floor. Place your right hand over the top of your head and gently pull down and diagonally in the direction you are looking. Against the resistance of your hand, contract your neck in an attempt to push your head backward/diagonally from the direction you are looking for seven seconds. Relax and gently pull your head further toward the floor to increase the stretch. Lock into this new position, and make sure that you continue to keep your head rotated in the direction that you are pulling. Perform three contract/relax cycles on each side twice per day or as directed.

Trapezius Stretch- Sitting

Perform 3 sets of 10 reps, 2 times per day. While sitting, reach down with your right arm, grasping the bottom of a chair for stability. While looking straight ahead, place your left hand on top of your head, and gently pull your head sideways toward the left. Against the resistance of your arms, attempt to bring your right ear and right shoulder together for seven seconds. Relax and stretch further toward the left. “Lock-in” to each new position, and do not allow any slack. Repeat three contract/relax cycles on each side twice per day or as directed.

Unilateral Pec Stretch

Perform 1 set of 3 conract/relax cycles, 2 times per day. Stand with your arm straight out at shoulder level reaching backwards, thumb up. Position yourself so that your hand is against a door frame or wall. Gently turn your body away from the wall, until you feel a gentle stretch in your chest and shoulder. Against the resistance of the wall or door frame, attempt to rotate your arm forward in front of your body for seven seconds. Relax and rotate your body away from the door frame or wall to increase the stretch on your shoulder. "Lock in" to this new position and repeat three contract/relax cycles on each side twice per day or as directed

Seated Cat/Cow

Perform 3 sets of 12 reps, 2 times per day. While seated, slowly lean forward while arching your back and looking up towards the ceiling. Stop at end-range or pain. Next, slowly lean backwards in the chair while hunching forward to bring your chin to your chest. Keep your arms at your side throughout the stretch to assist with balance. Repeat as directed

Seated Piriformis Stretch

Perform 1 set of 3 contract/relax cycles, 2 times per day. Begin sitting in a chair or on the floor. To stretch the right hip, begin sitting in a Figure four position with your right ankle on your left knee. With your left hand, grasp the front and underside of your right knee and pull it upward and across your body until a stretch is felt in your right hip and thigh. Against the resistance of your hand, attempt to push your knee outward for seven seconds. Relax and pull your knee further toward your left shoulder to increase the stretch. "Lock in" to this new position and repeat three contract/relax cycles on each side twice per day or as directed

Supine Piriformis Stretch

Perform 1 set of 3 contract/relax cycles, 2 times per day. Lie flat on your back with your affected knee bent and your ankle touching the outside of your opposite leg. Grasp your knee and pull your thigh across your chest toward your opposite shoulder. If you are unable to comfortably reach your knee, grasp a thin towel wrapped around your knee. Against the resistance of your hand, contract your affected hip in an attempt to push your knee outward for seven seconds. Relax and pull your knee further across your body towards your shoulder to increase the stretch. "Lock in" to this new position and perform three contract/relax cycles on each side twice per day or as directed.

Standing ITB @ Sink

Perform 1 set of 3 contract/relax cycles, 2 times per day. Stand facing a kitchen sink or half wall with your involved leg in a scissor position behind your other leg. While bending your front knee, keep your back knee straight slowly drop your back hip toward the floor until you feel a stretch. Against the resistance of the floor, attempt to contract your rear leg into abduction (as though you were performing a side kick) for seven seconds. Relax and drop to increase the stretch. "Lock in" to this new position and repeat three contract/relax cycles on each side twice per day or as directed.

Psoas Stretch- Standing **Perform 1 set of 3 contract/relax cycles, 2 times per day.** To stretch the right side, stand with your right leg back and your left leg elevated onto a chair, hip and knee bent at 90 degrees. Keep your trunk upright and shift your weight forward until you feel a stretch in your right hip and thigh. Contract your right hip flexors as though you are attempting to kick forward for seven seconds. Relax and shift your pelvis further forward to increase the stretch. "Lock in" to each new position and do not ease tension. Repeat three contract/relax cycles twice per day or as directed.

Round 2: (weeks 4-6)

Resisted Shoulder Retraction

Perform 3 sets of 10 reps, 1 time per day. Secure a piece of elastic resistance tubing to a doorframe. Sit or stand with your elbows tucked into your sides bent at 90 degrees, forearms pointing forward. Grasp the resistance band and pull it towards you by focusing on pinching your shoulder blades together. Return to the start position. Perform as directed. *This exercise may also be performed using a cable row machine or by looping a piece of elastic resistance band over your feet while sitting on the floor with your legs directly in front of you.

Wall Angel

Perform 3 sets of 10 reps, 1 time per day. Begin standing with your feet approximately shoulder width apart and your head and back flat against a wall. Bring your arms out to your sides at shoulder height and bend your elbows 90 degrees. While keeping your shoulders, arms, and the backs of your palms touching the wall, slowly raise your arms overhead, extending into a wide "V". Bend your elbows and slide your arms back to the starting position. Repeat 3 sets of 10 repetitions daily, or as otherwise directed.

YTWL Scapular Depression

Perform 3 sets of 10 reps, 2 times. Stand with your straight arms raised above your head in a "Y" position. Squeeze your shoulder blades together and downward throughout the following sequence of movements. Lower your straightened arms to shoulder level, into a "T" position. Next bend your elbows so that your fingers are pointing straight up while slightly lowering your elbows to make a "W". Finally, while keeping your elbows bent 90 degrees, lower your arms to your sides so that your elbows are touching your ribs to form an "L" on each side and squeeze. Hold each position for 1-2 seconds and repeat 3 sets of 10 repetitions, twice per day or as directed.

Y with Resistance

Perform 3 sets of 10 reps, 2 times per day. Stand facing a wall. Loop an elastic resistance band around both hands. Reach upward as high as possible, trying to elongate your spine. Retract your shoulder blades to pull them toward your spine. While maintaining this position with your shoulder blades, separate your hands from the wall and from each other by contracting the muscles between your shoulder blades. Relax and return to the start position. Repeat for three sets of 10 repetitions daily or as directed

Low Row

Perform 3 sets of 10 reps, 2 times. Attach the center of an elastic exercise band to a doorknob or other sturdy object in front of you. Grasp one end of the band in each hand and with straight arms at your side, stretch the band backwards. Keep your palms facing backward and arms pointed straight down throughout the exercise. Return to neutral and repeat 3 sets of 10 repetitions daily, or as directed.

Brugger with Band

Perform 3 sets of 10 reps, 2 times. Begin sitting or standing with an elastic exercise band wrapped and secured around your palms. Begin with your arms at your side, elbows bent, forearm's pointing forward. Move your hands apart from each other to maximally stretch the band while simultaneously rotating your palms out, straightening your arms, and pinching your shoulder blades together as your hands move behind your hips. Return to the start position and repeat 3 sets of 10 repetitions daily, or as directed.

Quadruped Piriformis Stretch

Perform 1 set of 3 contract/relax cycles, 2 times per day. Start on all fours. Place your affected leg beneath your body as shown. Straighten your opposite leg and reach back with that foot, lowering your hips toward the ground until you feel a stretch. Against the resistance of the floor, attempt to push the ankle of your affected leg into the floor for seven seconds. Relax and increase the stretch by reaching further back with your opposite foot while leaning further forward with your upper body. "Lock in" to each new position, and do not allow any slack. Perform three contract/relax cycles on each side twice per day or as directed.

Side Bridge

Perform 3 sets of 10 reps, 1 time per day. Begin lying on your side. Rest your weight on your forearm and feet. Lift your hips toward the ceiling until your body is in a straight “plank” position. Try to avoid looking down to watch your body as this will interfere with achieving the ideal plank position. You may wish to use a mirror to ensure good form. Slowly lower your hips back to the floor and repeat s directed

Hip Hinge Chair Squats

Perform 3 sets of 10 reps, 2 times per day. Begin standing in front of a sturdy kitchen chair with your feet shoulder width apart. While keeping your knees directly over your feet, slowly lower your hips toward the chair and stop when your butt touches the front edge of the chair. Keep your weight on your heels and do not allow your knees to move forward over the top of your feet during any part of this exercise. You will probably need to extend your arms forward for balance. Stand back up. Perform as directed. An elastic band may be looped under your feet and held in your hands for added resistance