

# UPPER QUADRANT PAC

Most common pain / disfunction syndromes occur as a result of a combination of poor posture habit and imbalanced muscle groups. The following exercise protocols will address the most important aspects of these imbalances. In some instances they will involve **stretching** and in some instances they will involve **strengthening**.

Do only those exercises that I have checked off for you to do independently.

## THINGS TO AVOID

No matter how hard we work to correct the problems, if you do not avoid the following activities, your result may be slow to come or may not come at all.

- ❑ **Prolonged reading or TV while sitting in sofa or recliner.**  
Instead, use straight back chair.
- ❑ **Reading in bed.**
- ❑ **Slumping posture while on the computer.**  
Instead, sit on a balance ball or straight back chair.
- ❑ **Needle point / knitting / quilting in slumping posture.**  
Instead, put large pillows under your arms to raise your work up.  
PHOTOS HERE

## ❑ FRIZBEE DRAG WALK ON HANDS

Put your feet in a smooth frizbee on carpet and then get up on your hands.  
Pull yourself (walk on your hands) forward and then backward until you have to stop.  
Gradually add distance to your “walks” every few days.  
Repeat several times each day as tolerated.



## ❑ Extreme Push-up and Rock.

Assume a push up position on the floor.

Now push up even further / taller as though you were trying to lift something heavy.

Hold this tall position as you rock in a figure 8 for 10 times.

Repeat at least 3 times each day.

As you get better / stronger, attempt to make your figure 8s bigger.

Remember to hold that tall position throughout the figure 8s.



## ❑ **Corner Slides (statue of liberty)**

- ❑ Stand with affected side next to a corner or door frame.
- ❑ Slide the hand up the wall as you attempt to pinch the blades together.
- ❑ **Try to tuck the blades down and into your back pockets.**
- ❑ Avoid any pain but it is OK to feel some burning in the muscles.
- ❑ Lift the hand backward off the corner and hold 5 seconds.
- ❑ Slide the hand back down while keeping the blades pinched and tucked.
- ❑ Repeat 10-15 times at least 3 times each day.



## ☐ Prone Angels

Lie face down on floor with towel roll under your forehead.

Reach arms straight out over your head.

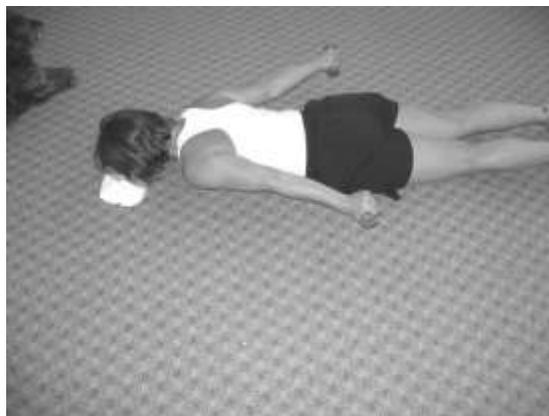
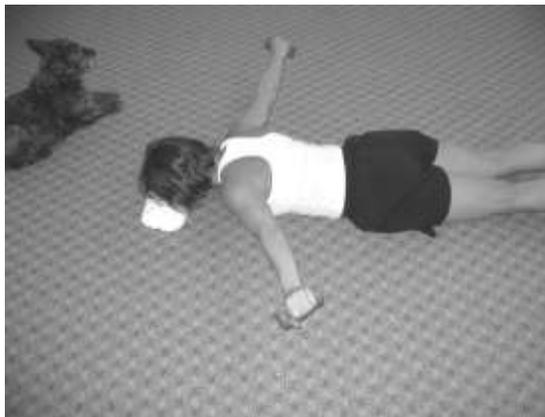
Raise the arms off the floor and maintain them.

Move the raised arms like angels in the snow only face down.

Try hard not to touch the hands to the floor as you make the wings.

Repeat 10-15 times at least 3 times each day.

If you can do these easily, then add light weights to the hands gradually.



## ❑ Don't Shoots

Stand with your back up against a smooth surface like a wall or door.

Place your hands and elbows against the wall start with arms perpendicular to the floor.

Gently and slowly slide your elbows and hands up and then down the wall.

**DO NOT LET THE ELBOWS OR HANDS LEAVE THE WALL SURFACE.**

Remember to do comfortably without removing arms and elbows from the wall.

Repeat for 15 reps.

Do at least 3 times per day.

Burning in the upper back muscles is common at first.



## ❑ **Supine Bench Angels**

**IT IS NORMAL TO EXPERIENCE MINOR CRACKING OR CRUNCHING WHEN YOU FIRST START THESE BUT THEY SHOULD NOT CAUSE PAIN. IF YOU EXPERIENCE PAIN LET ME NOW ASAP.**

- ❑ Lie face up on a work out bench.
- ❑ Take light weights at first in each hand.
- ❑ Begin making slow circles in one direction.
- ❑ Try to make larger and larger circles each time sticking your chest to the ceiling.
- ❑ After 10 times reverse the direction and repeat the above step.
- ❑ If this did not cause any pain or stress you may gradually increase weights.
- ❑ Repeat this at least 3 times each day.



## ❑ Chest stretches through door frame

Stand in a standard door frame.

Place FOREARMS on the door frame (not just the hands.)

Keep shoulders at a 90 degree angle if comfortable.

Step one foot back and the other one forward approximately 12-18 inches.

Lean your body through the door frame.

Hold for 60 seconds when you feel a comfortable stretch in the front of your chest.

Take deep slow breaths

Attempt to pinch your shoulder blades together and tuck them into your back pockets.



Move the hands up the door frame one foot higher.



Repeat the above sequence for another 60 seconds

Repeat these two stretches three times each day.

## □ Upper Trap stretches

Sit on the hand of the side you are going to stretch

With the other hand reach over the top of your head and cover the ear.

Gently pull the head away from the side you are sitting on.

Hold when you have a comfortable stretch but not painful.

Turn your head left and right until you get the **best stretch but not painful**.

Hold this for 15-30 seconds.

Take deep slow breaths.

Switch hands and repeat for the other side.

Repeat these at least three times each day.



## ❑ Chin tuck rotations in upright posture

Tuck your chin (make a double chin) and hold it that way.

Fully rotate your head still in the chin tuck position.

Hold ten seconds and rest.

Fully rotate to the other side and repeat the above sequence.

Each day add 1-2 seconds to the hold phase until you can hold easily for 30 seconds.

Repeat ten times and do this at least 3 times each day.



## ❑ Chin tuck / lifts with rotation

Lie on firm surface with your head on a thin pillow or folded towel

Tuck your chin (make a double chin) and hold it that way.

Fully rotate your head still in the chin tuck position.

Gently start to raise your head but do not lose contact with the towel.

**Hold ten seconds and rest.**

Fully rotate to the other side and repeat the above sequence.

Each day add 1-2 seconds to the hold phase until you can hold easily for **30 seconds**.

**Repeat ten times and do this at least 3 times each day.**



❑ **Chin tuck / lifts:** These are strengthening exercises to balance the front of the neck muscles with the short tight muscles on back of the neck.

Lie on firm surface with your head on a thin pillow or folded towel

Tuck your chin (make a double chin) and hold it that way.

Gently start to raise your head but do not lose contact with the towel.

Hold ten seconds and rest.

Each day add 1-2 seconds to the hold phase until you can hold easily for 30 seconds.

Repeat ten times and do this at least 3 times each day.

