

Notes :

Self Releases can be done with or without a ball/peanut ball-Begin without and progress to with a ball if you have one.

1 Posture setting



Take a deep breath.

Move your shoulder blades down and back towards your spine, focusing on bringing them together. "Pretend there is a pencil in between them."
Hold the contraction

Cues or reminders to hold posture:

1. Every time you check the time
2. Walking through door frame
3. Every time stopping at stop light or stop sign

Freq: Daily Hold: 2-5 seconds

2 Spine extension with arms crossed



Wrap your arms to touch your palms together with the elbows are next to each other. Your elbows are bent 90°.

Lift both arms up as far as you can, following with your chest to push yourself into an upright position. Tuck your chin slightly and the top of your head toward the ceiling to lengthen the spine.

Then, lower your arms and round your spine.

Come back to the starting position.

Breathe in when you lift your arms and out when you lower them.

Sets: 1-3 Reps: 5-10 Freq: Daily

3 Active protraction/retraction



Lean over a chair, holding the chair with one hand.

Keep your back straight, shoulders back and knees slightly bent.

With one arm, reach under the other as far as possible rotating and rounding your upper back.

Bring your arm back and reach back in the opposite direction as far as possible.

Keep your elbow bent to 90 degrees and look at your hand at all times.

Repeat with your other arm if indicated.

Sets: 1-3 Reps: 5-10 each side Freq: Daily

4 Self massage neck



Sit and hold the muscles at the back of your neck with a solid grip.

Slowly move your head up-down or right-left or make circles while firmly holding the muscles.

Release the hand slowly and repeat.

Freq: As needed with stiffness Duration: 30-60 sec

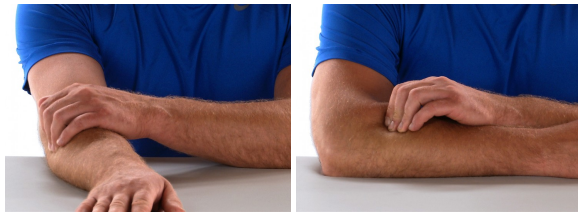
5 Self massage trapezius



Sit and hold the muscles at the top of your shoulder with a solid grip.
Slowly move your shoulder up-down or front-back or circles while firmly holding the muscles.
Release the hand slowly and repeat.

Freq: As needed with stiffness Duration: 30-60 sec

6 Self-massage, extensors



Perform a massage on the sore area.

Apply firm pressure using 2 fingers on the area of pain and rub for the prescribed time.

Freq: As needed with stiffness Duration: 30-60 sec

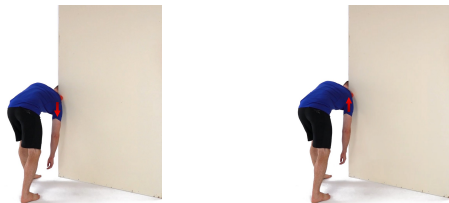
7 Pec minor self-release



Bring your fist to your chest near your collarbone and pin it there with your free hand over a tight (sensitive) area.
Hold your fist over the pectoralis minor muscle and pull your shoulder blade down while tilting it back.
Hold the position for a few moments. Then release and repeat the exercise around that area to relieve tightness.

Freq: As needed with stiffness Duration: 30-60 sec

8 Upper trap release with ball



In a doorway or at the corner of the wall, bend forward at the waist and position a Lacrosse ball between the wall and the upper trapezius muscle.
Find a tender spot, apply pressure on it and hold over those tender areas until pain diminishes.
Repeat on other tender areas.
Avoid all bony structures.

Reps: 5-8 Rolls Freq: As needed with stiffness Duration: OR 20-60 sec

9 Scapular muscle release



Stand up and place the ball between your back and the wall.
It should be positioned over your shoulder blade.
Roll the ball over the area to massage the scapular muscles.

Reps: 5-8 Rolls Freq: As needed with stiffness Duration: OR 20-60 sec

10 Myofascial release: pectorals



Standing towards a wall, place a ball (tennis ball, lacrosse ball, spikey ball, etc.) on the wall on your pectoral muscle with your palm facing outward. Apply pressure to the ball that is comfortably uncomfortable (not painful). With the applied pressure, roll the ball from your sternum (middle of chest) to the shoulder in a slight diagonal motion staying off all bony structures. Ensure you continue to breath throughout. Repeat on opposite side.

Reps: 5-8 Rolls Freq: As needed with stiffness Duration: OR 20-60 sec

11 Extensors release



Put your forearm on a ball. Turn your palm upward to massage the top of the forearm. Roll the ball slowly on your forearm, focusing on tender spots.

Reps: 5-8 Rolls Freq: As needed with stiffness Duration: OR 20-60 sec

12 Flexors release



Put your forearm on a ball. Turn your palm downward to massage the underside of the forearm. Roll the ball slowly on your forearm focussing on tender spots.

Reps: 5-8 Rolls Freq: As needed with stiffness Duration: OR 20-60 sec

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1 Posture setting

Freq: Daily Hold: 2-5 seconds

GEN95307



2 Spine extension with arms crossed

Sets: 1-3 Reps: 5-10 Freq: Daily

GEN335781



3 Active protraction/retraction

Sets: 1-3 Reps: 5-10 each side Freq: Daily

GEN12436



4 Self massage neck

Freq: As needed with stiffness Duration: 30-60 sec

GEN17760



5 Self massage trapezius

Freq: As needed with stiffness Duration: 30-60 sec

GEN17763



6 Self-massage, extensors

Freq: As needed with stiffness Duration: 30-60 sec

GEN192976



7 Pec minor self-release

Freq: As needed with stiffness Duration: 30-60 sec

GEN296968



8 Upper trap release with ball

Reps: 5-8 Rolls Freq: As needed with stiffness Duration: OR 20-60 sec

GEN280904



9 Scapular muscle release

Reps: 5-8 Rolls Freq: As needed with stiffness Duration: OR 20-60 sec

GEN100642



10 Myofascial release: pectorals

Reps: 5-8 Rolls Freq: As needed with stiffness Duration: OR 20-60 sec

GEN104088



11 Extensors release

Reps: 5-8 Rolls Freq: As needed with stiffness Duration: OR 20-60 sec

GEN227377



12 Flexors release

Reps: 5-8 Rolls Freq: As needed with stiffness Duration: OR 20-60 sec

GEN227378