

Toll Free: 1-877-957-7463 (1-877-95-SPINE)

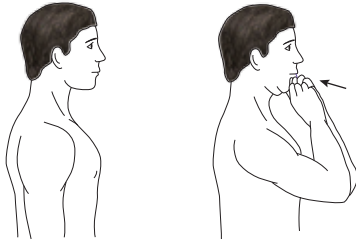
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Patient Name: _____

Recommendations: _____

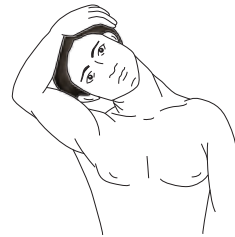
If you experience pain at any time, please contact your doctor.

1 AXIAL EXTENSION (EXERCISE 1 OF 6)



1. Sit or stand with good posture.
2. Tuck chin backward without tilting head up.
3. Use hand on chin for extra stretch as needed.
4. Hold 5 seconds.
5. 10-20 repetitions, 2 times per day.

2 NECK SIDE BENDING (EXERCISE 2 OF 6)



1. Sit or stand with good posture.
2. Keeping face forward, tip left/right ear toward shoulder.
3. Use hand for extra stretch as shown.
4. Hold 10 seconds.
5. 5 repetitions, 2 times per day.

3 SHOULDER HORIZONTAL ABDUCTION (EXERCISE 3 OF 6)



1. Stand in a corner about 1-2 feet from a wall with hands on wall as shown.
2. Lean into corner so that you feel a stretch.
3. Vary the stretch by moving arms higher or lower, or by standing farther away from the wall.
4. Hold 5 seconds.
5. 10 repetitions in each position, 2 times per day.

SPINE SURGEONS

Cyrus Ghavam, M.D. ▪ Larry M. Parker, M.D.
F. Calame Sammons, M.D. ▪ Brian M. Scholl, M.D. ▪ Morris B. Seymour, M.D.

PHYSICAL MEDICINE & REHABILITATION

Brian R. Carter, M.D. ▪ Craig E. Lincoln, M.D. ▪ Vandana M. Maladkar, M.D. ▪ Saranya Nadella, M.D.

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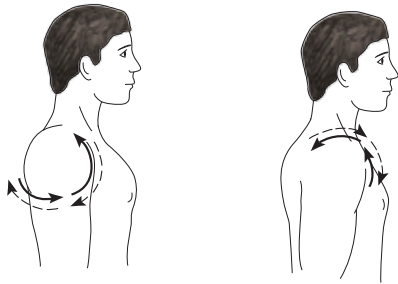
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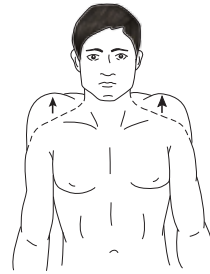
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4 SHOULDER CIRCLES (EXERCISE 4 OF 6)



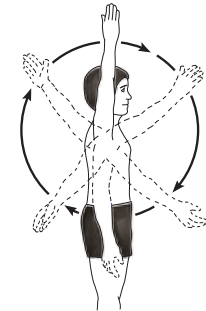
1. Begin with shoulders relaxed.
2. Slowly rotate shoulders backward.
3. Repeat rotating shoulders forward.
4. 20 repetitions, 2 times per day.

5 SHOULDER ELEVATION (EXERCISE 5 OF 6)



1. Begin with shoulders relaxed.
2. Pinch shoulders upward toward ears.
3. Hold 30 seconds.
4. 5 repetitions, 2 times per day.

6 SHOULDER CIRCUMDUCTION (EXERCISE 6 OF 6)



1. Slowly make large circles backward with your arms.
2. Now begin making forward circles.
3. Repeat slowly 10 times in each directions, 2 times per day.

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