JWU-CLT

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Home Exercise Program

Login Instructions

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Gain a deeper understanding of your condition and the road to health recovery.

Track your progress

Keep track of your activity and progress throughout treatment and post care.

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Clinician Notes

JWU - CLT Mid Back Mobility

STEP 1 STEP 2 STEP 3



Cat Cow to Child's Pose

REPS: 10 | HOLD: 10 | WEEKLY: 3

Setup

Begin on all fours with your arms directly under your shoulders.

Movement

Slowly round your back up toward the ceiling. Then let it sag down toward the floor, an lean your body backward toward your feet, keeping your hands on the ground. Return to the starting position and repeat.

Tip

Keep your movements slow and controlled. Make sure to use your entire back for the motion.

STEP 1 STEP 2



Quadruped Full Range Thoracic Rotation with Reach

REPS: 10 | SETS: 2 | HOLD: 5 | WEEKLY: 3

Setup

Begin on all fours.

Movement

Lift one arm out to your side, then to the ceiling, rotating your trunk at the same time. Next, reach that arm all the way under your body, through your opposite arm and leg, rotating your trunk in the opposite direction. Repeat these movements.

Tip

Make sure to keep your movements smooth and controlled. Follow your arm with your head as you move.

STEP 1 STEP 2



Sidelying Open Book Thoracic Lumbar Rotation and Extension

REPS: 10 | SETS: 2 | HOLD: 5 | WEEKLY: 3

Setup

Begin lying on your side with your bottom leg straight, your top leg bent at 90 a degree angle, and your arms straight on the ground together.

Movement

Slowly move your top arm away from your other arm, toward the floor on the other side, rotating your trunk at the same time.

Tip

Make sure to keep your top leg on the floor and only go as far as you can without arching your back.

STEP 1 STEP 2 STEP 3



Half-Kneeling Thoracic Openers

REPS: 10 | SETS: 2 | WEEKLY: 3

Setup

Foam roller or ball can be used to help maintain body positioning and stability

Knee pad for comfort

Movement

Assume a 1/2 kneeling position with hands on head as seen in video. It is easiest to start by facing the wall. Rotate trunk forward and to the side, arms will follow.

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STEP 1



STEP 2



Wall Push Up with Plus

REPS: 15 | SETS: 2 | WEEKLY: 3

Setup

Begin standing with your hands resting on a wall in front of you at shoulder height.

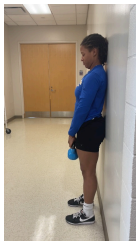
Movement

Bend your elbows, leaning your body towards the wall, then push yourself back into the starting position and continue, pulling your shoulder blades apart, and repeat.

Tip

Make sure to bend only at the elbows and keep the rest of your body straight during the exercise.

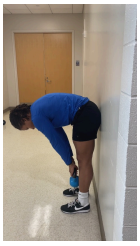
STEP 1



STEP 2



STEP 3



Segmental Spinal Flexion w/ KB

REPS: 10 | SETS: 2 | HOLD: 5 | WEEKLY: 3

Setup

Stand against wall, hold KB in both hands

Movement

Start with tucking chin in, followed by bending your head down, then rounding your shoulders and slowly bending each part of your spine down until you are bent at the waist.

IF you feel like you are going to fall forward, STOP right before that point and stay stretched there.

Tip

If you feel like your are bending too quickly and/or like you can't go anymore, that should be your reference point of your limitations and what we will work on improving.

STEP 1



STEP 2



Seated Thoracic Extension with Hands Behind Neck

REPS: 8 | SETS: 2 | HOLD: 5 | WEEKLY: 3

Setup

Begin sitting upright in a chair with your hands clasped behind your neck.

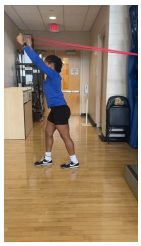
Movement

Slowly bend your head and neck backward, curving your upper back. Hold briefly, then return to the starting position and repeat.

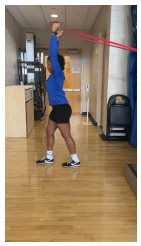
Tip

Try to only bend your upper back, and keep your lower back still during the exercise.

STEP 1



STEP 2



Overhead Stretch w/ Resistance Band

SETS: 5 | HOLD: 20 | WEEKLY: 3

Setup

Need a resistance band that is anchored by a railing, door, or attachment point.

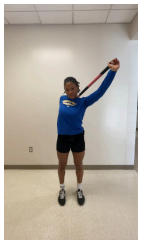
Movement

In a split stance for total body stability, hold ends of resistance band overhead. Pull band forward for some muscle activation, then allow band to recoil past starting position and hold for a stretch

Tip

a lower anchor point will allow for a greater stretch.

STEP 1



STEP 2



Shoulder Over and Back with Dowel

REPS: 10 | SETS: 3 | WEEKLY: 3

Setup

Dowel or PVC Pipe, even a resistance band can all do the job

Movement

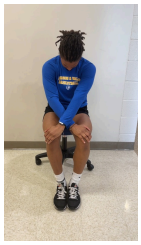
Start with both arms at opposite ends of dowel, pull one arm back while the other remains in front of your body, hold for a stretch and return to starting position. Repeat on opposite side.

Tip

Further your hands are apart, the easier it is. Closer your hands, the harder it is.

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STEP 1



STEP 2



Seated, Rhomboid Stretch with Arms Crossed

SETS: 4 | HOLD: 20 | WEEKLY: 3

Setup

Chair/Stool/Couch/Step to sit on

Cross arms, placing hands on outside of knees, tuck chin to chest, feet together

Movement

Spread knees apart and hold for stretch, should be felt in between shoulder blades

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