

Before and After

Tennis

Approximately 12 Minutes



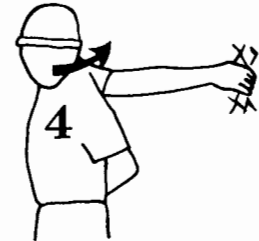
10 seconds
each arm
(page 41)



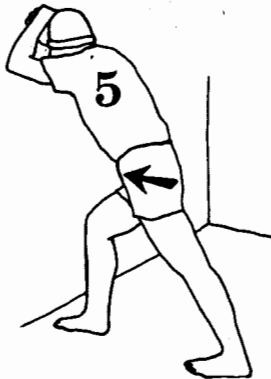
10 seconds
each side
(page 42)



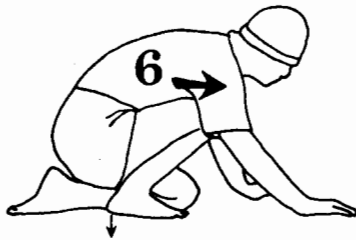
10 seconds
(page 43)



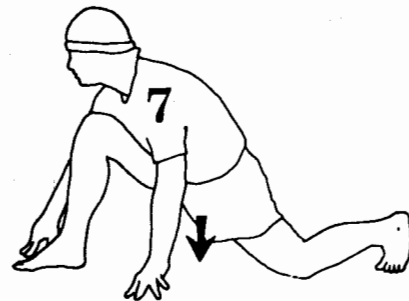
15 seconds
each side
(page 81)



25 seconds
each leg
(page 71)



10 seconds
each leg
(page 47)



20 seconds
each leg
(page 48)



30 seconds
(page 56)



25 seconds
each leg
(page 36)



10 seconds
each side
(page 59)



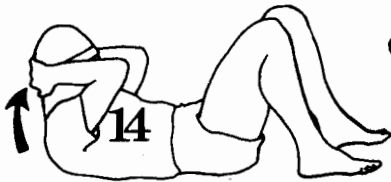
11
15 times
each direction
(page 31)



12
20 seconds
each leg
(page 33)



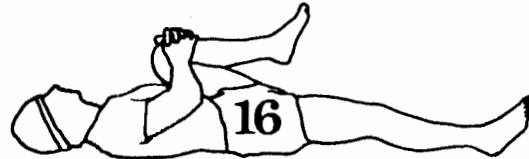
13
30 seconds
(page 24)



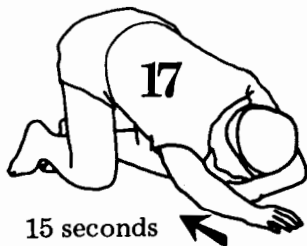
14
3 times
5 seconds each
(page 25)



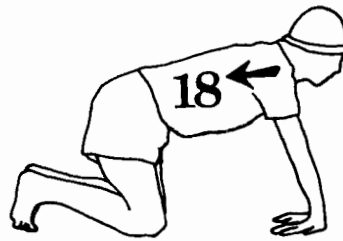
15
20 seconds
each side
(page 24)



16
20 seconds
each leg
(page 28)



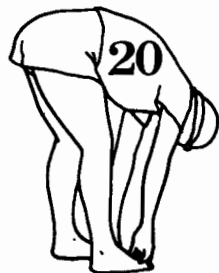
17
15 seconds
each arm
(page 40)



18
20 seconds
(page 40)



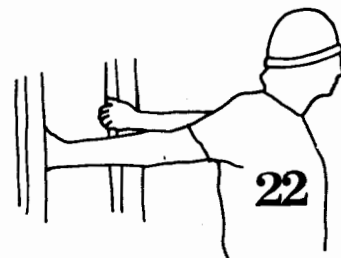
19
15 seconds
(page 65)



20
30 seconds
(page 52)



21
15 seconds
each leg
(page 74)



22
20 seconds
(page 44)

SITTING BACK

Back Fitness For People Who Sit

Perhaps you're an office worker, or a driver, a VDT operator, or a student—you're a person who spends a good portion of each day sitting. So why does your back ache? The fact is, most back trouble is caused by poor posture and weak muscles—two conditions common to people who sit. You can take care of your back, and keep it fit, by using good posture and building strength and flexibility—while you sit.

Good Sitting Posture

Your back has three curves—cervical (neck), thoracic (chest), and lumbar (lower back). All three curves should be aligned to keep your back in balance. Often, we slouch in our chairs or bend forward over our work which throws these curves out of balance. Try the following tips to support and balance your back while sitting. First, place a pillow (or rolled up towel) at the back of your chair seat to support your lower back. Then, move your seat as close to your work as possible to keep from

bending forward. Finally, angle your work (or VDT screen) so you can look straight ahead rather than looking down.

Strong, Flexible Muscles

The following exercises help build strong, flexible muscles to support your back. They also help relieve tension that can occur when you sit in one position for a long time. Each exercise takes only a few minutes, and can be done while you sit. Try a few and feel the difference! (Note: Be sure your chair is stable before beginning these exercises and stop if you feel any discomfort.)

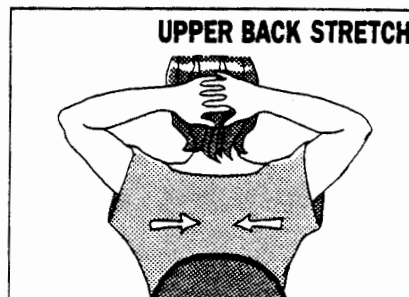
Sit Back and Relax

Once you learn how to care for your back while you sit, you can sit back and relax, knowing that you're keeping your back healthy and strong. Sitting doesn't have to be a pain in the back if you keep fit while you sit.



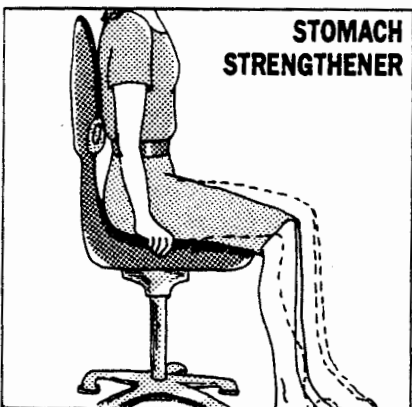
HEAD AND NECK ROLL

Let your head roll forward. Slowly rotate your head without straining your neck. Repeat 5 times. Rotate in the opposite direction.



UPPER BACK STRETCH

Clasp your hands behind your head and push your elbows back. Release the tension, then repeat 5 times.



STOMACH STRENGTHENER

Sit as shown with feet flat on floor. With your hands on chair (or desk) for support, slowly raise your thighs a few inches above your chair seat. Repeat 5 times.



LOWER BACK STRETCH

Slowly lean forward until your upper body is resting on your lap. Hold for 10 seconds. Place your hands on your knees. Sit back up. Repeat 5 times.

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Need a physician?

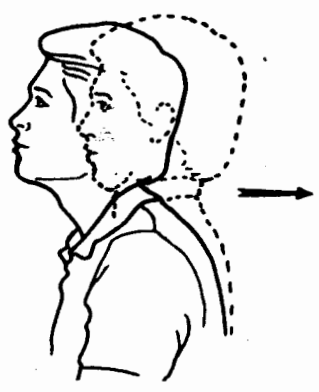
Call MedMatch Physician Referral Line at 514-5295.



San Pedro
Peninsula
Hospital

1300 West Seventh St.
San Pedro, CA 90732

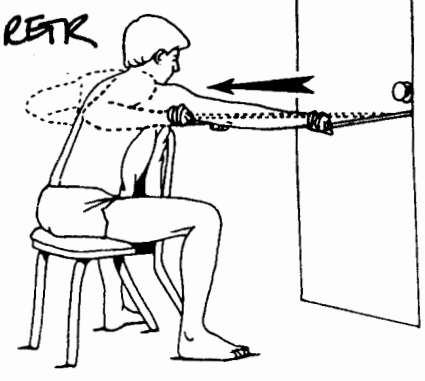
Flexibility: Neck Retraction



Hold head straight back keeping jaw and eyes level.
 Hold 10 seconds. Repeat 5 times.
 Do 2 times per day. *n more*

Copyright VHI 1990

BACK - 45 Bilateral Scapular Retraction
 ACTIVE RESISTIVE RETR



Wrap tubing around both fists. Pull arms back while bringing shoulder blades together as if rowing a boat.

Repeat 10 Repetitions/set.
 Do 1 Sets/session.
 Do 2 Sessions/day.

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CERVICAL SPINE - 26

Flexibility: Neck Stretch

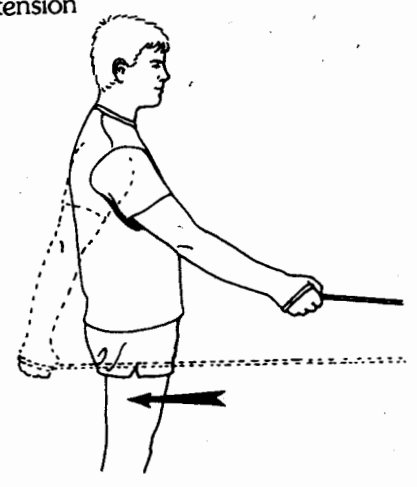


Grasp arm above wrist and pull downward and across body while gently tilting head.

Hold 10 seconds. Relax.
 Repeat 5 times.
 Do 2 sessions per day.

Copyright VHI 1990

SHOULDER - 45 Strengthening Activities
 Active Resistive Extension



Using tubing, pull arm back. Be sure to keep elbow straight.

Repeat 10 times.
 Do 2 sessions per day.

Copyright VHI 1990

SHOULDER - 64

Progressive Resistive Exercises
 Flexion (standing)

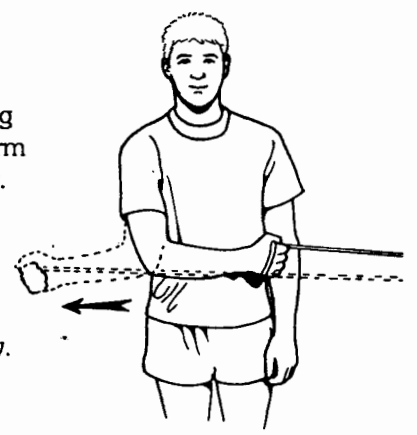


Raise arm out in front of body and lift toward ceiling. Keep elbow straight.

Repeat 10 times,
 with 8 pounds.
 Do 2 sessions per day.

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SHOULDER - 43 Strengthening Activities
 Active Resistive External Rotation



Using tubing, and keeping elbow in at side, rotate arm outward away from body. Be sure to keep forearm parallel to floor.

Repeat 10 times.
 Do 2 sessions per day.

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In Musculoskeletal Disorders

Norgesic[®] Forte TABLETS

1 tablet q.i.d.

(orphenadrine citrate 50 mg.: aspirin, 770 mg.: caffeine, 60 mg.)

relieve pain and stiffness, help the patient follow his exercise routine.

(see last page for full prescribing information.)

Exercises for Cervical Strain

General Instructions:

Stretching exercises are an important part of treatment to relieve discomfort in your neck. They help restore motion and relieve pain associated with stiffness.

Follow the exercise routine prescribed by your doctor. These exercises are more effective when performed in the shower, after a shower or following application of hot, moist towels. Moist heat relieves pain by increasing blood flow to the muscles of your neck.

Gradually increase the number of times you repeat each exercise as your condition improves, but stop when fatigued. They may be done intermittently during the day, to help relax and relieve tension of the neck and shoulder muscles. Perform exercise #5 every two hours if you work at a desk. Take an exercise break during your work day!

Additional Instructions:

Helpful hints for a healthy neck

Standing and sitting

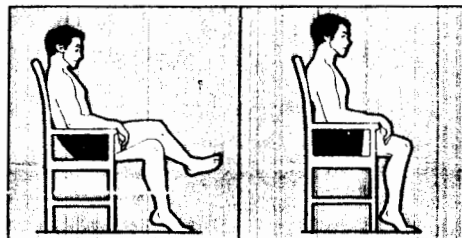


Incorrect

Correct

While standing or sitting, keep neck drawn back and chin tucked in, not up

A proper chair will support your arms and shoulders and help prevent strains of the neck due to forward thrust.

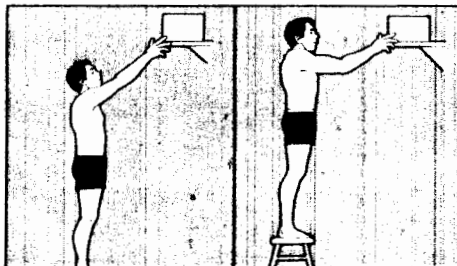


Incorrect

Correct

Reaching

Don't reach for a shelf higher than your head. Stand on a stool. Don't reach or look up for any length of time.

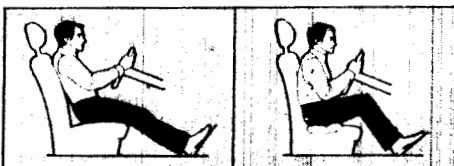


Incorrect

Correct

Driving

Don't drive with the seat too far back or too low. If necessary, sit on a pillow or use a seat support such as Sacro-Ease[®] to avoid stretching up and forward to see over the steering wheel.



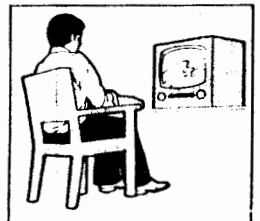
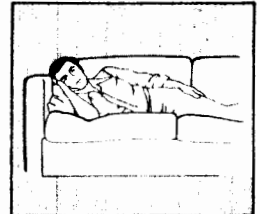
Incorrect

Correct

Resting and Sleeping

Don't lie on the sofa to watch TV; sit up properly. Don't prop your head up or forward on high pillows while reading or watching TV.

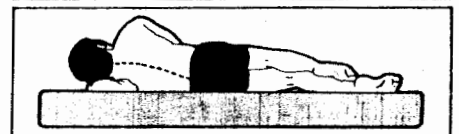
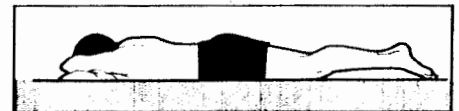
Incorrect



Correct

Don't sleep on your stomach.

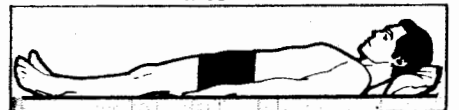
Incorrect



Correct

Lie on your side and adjust your pillow to maintain your head and neck in a neutral position. Keep your arms down.

Incorrect



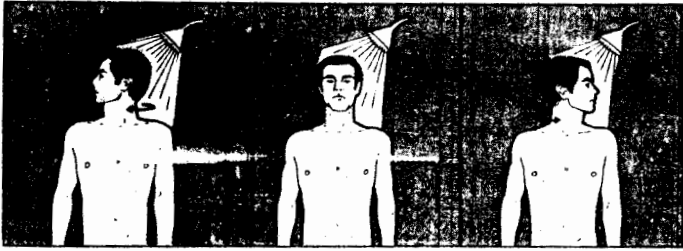
Correct

If you sleep on your back, put a pillow under your neck, not your head.

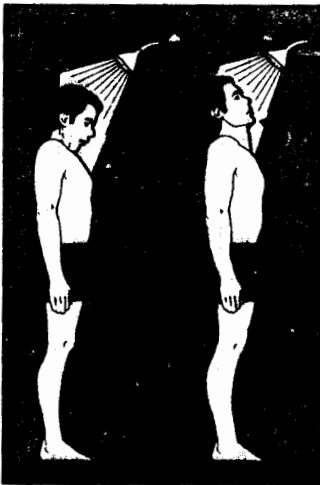
Use a bed board or a firm orthopedic mattress. A proper pillow is 3-4 inches thick, 6-7 inches wide, 16 inches long. If you have a neck problem, try an inexpensive contoured pillow, such as the Jackson Cervipillo. Don't sleep in a chair.

Exercises:

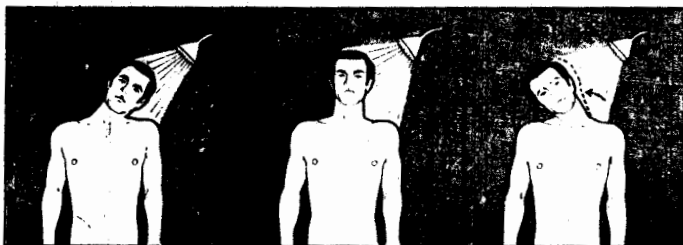
Stand under a hot shower for five to ten minutes and perform the following exercises, twice daily if possible.



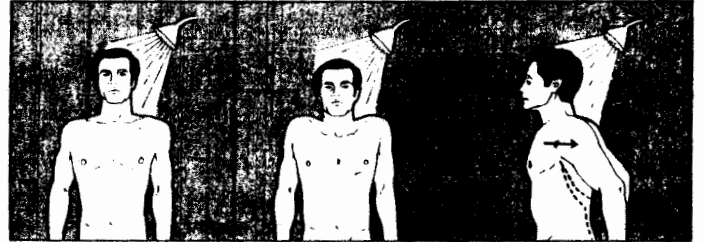
- 1.** Stand erect. Turn head slowly as far as possible to the right. Return to normal center position and relax. Turn head slowly as far as possible to the left. Return to normal center position and relax.



- 2.** Stand erect. Try to touch your chin to your chest, slowly. Raise head backwards, looking up at ceiling, slowly.



- 3.** Stand erect. Try to touch left ear to the left shoulder. Return to normal center position and relax. Try to touch right ear to the right shoulder. Return to normal center position and relax.



- 4.** Stand erect. Raise both shoulders as close to the ears as possible and hold as you count to five. Relax. Stretch your shoulders backward as far as possible and hold, then relax.



- 5.** Stand erect. With one hand, grasp the thumb of the other hand behind the back, then pull downward towards the floor. Take a deep breath, stand on toes, and look at the ceiling while exerting the downward pull. Hold momentarily, then exhale slowly and relax.

Repeat ten times every 1-2 hours during the day.

Perform these exercises twice daily, preferably after a hot shower.



- 6.** Lie on back, knees flexed, with a small pillow under your neck. Take a deep breath slowly, fully expanding chest, then exhale slowly. Repeat ten times.



- 7.** Lie on your stomach with hands clasped behind back. Pull shoulders back and down by pushing your hands toward your feet, pinching shoulder blades together, and lift head from floor. Take a deep breath. Hold for two seconds. Relax.

Repeat 10 times morning and night.

5. Isometric exercises pushing against your head can aggravate already existing neck problems.
6. Rolling your head in a circle can aggravate some neck problems. If these exercises cause problems, discontinue.
7. Do not reach for a shelf higher than your head. Stand on a stool. Do not reach or look up for any length of time.

Exercise is an important part of health care. It is the role of the muscles, ligaments and discs to hold the vertebrae in their correct position. These exercises are designed to limber, stretch and strengthen the muscles and ligaments which maintain the spine's proper alignment. They speed the rate of recovery and reduce the amount of discomfort associated with misalignment. "What we don't use, we lose" is a statement that applies to muscle tone, flexibility and physical stamina. Lack of proper exercise can contribute to poor health, as well as distortion of the natural spinal curves which are necessary to proper balance and mobility.

Exercises for the Neck



Exercises For The Neck

Stretching exercises are an important part of treatment to relieve discomfort in your neck. They help restore motion and relieve pain associated with stiffness. They help to lubricate the joints and promote circulation. When you stretch a muscle, it acts on the same principle as a stretched clothesline. It sags afterwards. Stretching a muscle loosens tension within the muscle fibers thereby reducing spasm and stiffness.

These exercises may be more beneficial following application of moist hot towels. It increases blood flow to the muscles of the neck. If you have an acute injury to the muscles, ice packs may be applied for the first two to three days to reduce inflammation and swelling within the muscles.

Gradually increase the number of times you repeat each exercise as your condition improves, but stop when fatigued or if pain develops. Always exercise in a pain-free range of motion. These exercises may be done intermittently during the day to help relax and relieve tension of the neck and shoulder muscles.



1. Turn your head to the right as far as is comfortable. Nod up and down as far as you can without pain. Repeat 8-10 times on both right and left sides.



2. Looking straight ahead, bend your head straight sideways attempting to touch your ear to your shoulder without raising your shoulder. Repeat both sides 8-10 times.



3. Looking straight ahead, shrug your shoulders as far up as you can to the count of three. Relax and repeat 10 times.



4. Put your hands on your shoulders. Raise your elbows up as far as you can. Move your elbows forward, down and back around in a circle. Repeat 5-10 times.



5. Sit erect in a firm chair and take a full deep breath; exhale slowly and bring elbows to shoulder height at your sides. Beginning with your chin, slowly rotate your torso completely to one side.



6. Draw your neck back while tucking your chin.



7. Bring your head forward touching your chin on your chest.



8. Stand about three feet away from the corner of a room. Put one hand on each wall. Do a push up leaning your entire body toward the corner. Gradually spread your hands farther apart for more stretch.



9. Go to a door and grasp the top of the door. Now relax your body, hanging down from the door to stretch the upper back. If you are not tall enough to reach the door, stand two feet from the wall. Reach your hands as far up as you can and lean against the wall.



10. Standing, hold your hands out to your sides. Cross them in front of you in a scissor motion, first crossing the right hand over the left, then the left over the right. Repeat moving your arms up and down.



11. Stretch your neck forward, touching your chin almost to your chest. Then stretch your neck backward in a pain-free range of motion. Do this slowly. Do not jerk.



12. With your fingers clasped behind your head (not your neck), gently curl your head down toward your chest. Try to raise your head up as your arms pull down—DO NOT BOUNCE. Omit this exercise in acute neck injuries or if it causes pain.

Rules for the neck:

1. Never sleep on your stomach or with your arms above your head. Lie on your side and adjust your pillow to maintain your head and neck in a neutral position. If you sleep on your back, put a pillow under your neck, not under your head. If you have neck problems, a contour cervical pillow is orthopedically designed to support the natural curvature of the neck. Ask your Chiropractor for details. A regular pillow should not be more than 3-4 inches thick.
2. Resting and sleeping: Do not lie on the sofa to watch TV; sit up properly. Do not prop your head up or forward on high pillows while reading or watching TV.
3. Never sleep in a car if you are a passenger without proper support of the neck.
4. Never sleep in a recliner, chair, or on a couch. When you get tired, go to bed.