

UPPER BACK & NECK

Elastic Tubing Resistive Kinetic Activities

GENERAL INSTRUCTIONS: Do only those exercises taught to you by your therapist. Exercise twice daily.

Flexion: Sit in a chair with your back to the door. Place the anchor at head level. Keep your neck straight and do not poke your chin out. Pull the elastic taught. Pull your head forward and your chin down to your chest. Return to start and repeat.

1

Extension: Sit in a chair facing the door. Place the anchor at head level. Pull the elastic taught. Pull your head backward, looking up at the ceiling. Return to start and repeat.

2

Lateral Flexion: Sit in a chair with your side to the door. Place the anchor at head level. Pull the elastic taught. Pull your head down to your shoulder. Be careful not to raise your shoulder. Return to start and repeat with other side.

3

Rotation: Sit in a chair with your side to the door. Place the anchor at head level. Pull the elastic taught. Turn your head to the side. Return to start and repeat with other side.

4

LEVEL	RANGE OF MOTION	SPEED	TIME
1	SHORT	SLOW	10-60 SECONDS
2	SHORT	FAST	1-6, 10 SECOND PERIODS
3	FULL	SLOW	10-60 SECONDS
4	FULL	FAST	1-6, 10 SECOND PERIODS

EXERCISE GUIDELINES: The Elastic Tubing Program has 4 levels. You must be able to perform each level before progressing to the next level. Be sure that the door and door frame are in good condition before inserting the knot in the tubing. Close the door securely and be sure it is locked. Be sure that the door isn't accidentally opened. Periodically check the tubing for stress and the knot for slipping. **Stop immediately if you experience pain, nausea or dizziness.**