

Therapeutic Exercises

Mckenzie

- Extension on elbows
- Cobra
- Ball extension
- Cat/camel

Williams

- Pelvic tilt
- Knees to chest
- Bridge
- Cat/camel

Shoulder

- Tubing
- Flap
- Wall walk
- Shoulder blade pinch
- Codmans

Core Ball

- Extensions
- Bridge with shoulders on ground
- Leg raise while on belly
- Sitting to bridge
- Crunches

Neck

- Neck wedge—directions for use: Lie on back for up to 5-10 minutes. Less is fine also. Longer will not have additional benefit, better to perform more frequently. Keep legs wherever you are most comfortable. Try to keep arms up so you stretch the chest muscles out.

Knee

- VMO
- Up/downward dog
- Ball knee squats

Sprained ankle

- Ice, then massage
- Bromelain 2-3/2x day, 1-2 weeks
- Spell alphabet with foot to increase flexibility
- Keep foot elevated

- Wrap foot
- One-leg balance

Scoliosis

- Extension over ball
- Side lying on ball—side of convexity
- Sitting bounce on ball
- Upward and downward dog
- Arm rhomboid contractions
- Plank