

Exercise plan:  
**Commuting exercise**

Patient:  
**Test Patient**

Date:  
**01st Sep 2017**

## Shoulder Rolls

Standing with good posture, and your arms by your side, move your shoulders backwards, up, forwards and down in a circular movement. Your arms remain by your side.

### Both sides

Video: <http://youtu.be/X7NtgY9kCCM>



## Neck Side Flexion Overstretch 2

Ensuring your nose is pointing forwards, bend your neck as if you were taking your left ear towards your left shoulder, using your hand to gently apply overpressure. Hold on to a chair to make the stretch stronger. You should feel the stretch to your neck on the same side you are holding on to the chair. Repeat to the right. This exercise will help improve mobility to your neck.

### Both sides

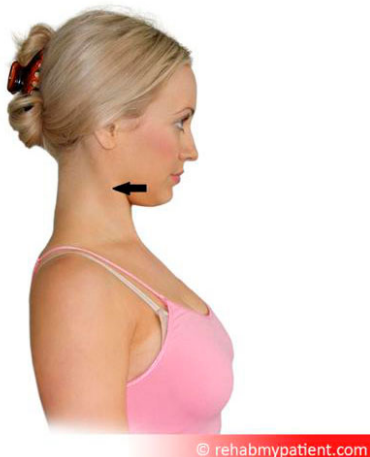
Video: <http://youtu.be/tu9xdU2N9ao>



## Neck Retraction

Sit upright with good posture. Gently pull your head back as far as comfortable and down slightly. You will feel some gentle tension at the front and back of your neck. This exercise will help your neck and upper back posture.

Video: <http://youtu.be/VYcifC6BFgc>





## Spinal Flexion / Roll Down

Adopt a standing alignment. Exhale and begin to roll the spine forwards, with your nose moving towards your breast bone. Roll your middle and lower back forwards, and allow your pelvis to roll forwards. Keep your knees soft, and keep your weight even through your feet. As you exhale, roll your spine up by starting from your tail bone. Repeat as required.

### Both sides

Video: <http://youtu.be/VpQ9SPwNPvY>



## Standing/Sitting Retraction

Standing or sitting, with good posture, pull your arms backwards while squeezing your shoulder blades together, and joining your hands. Hold the contraction and then relax, or simply hold the contraction for a longer period of time. You will feel a muscular contraction around and between your shoulder blades.

### Both sides

Video: <http://youtu.be/YejnTLIA9K8>

Dear Test, please stop any exercise that causes pain and contact the clinic. If you have any questions about an exercise, just email us on [better@livingcentreclinic.com](mailto:better@livingcentreclinic.com).