
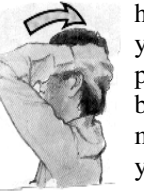




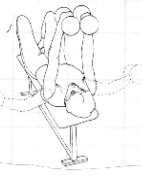
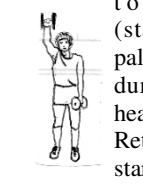





Cervical Spine: To strengthen the front, back, and side muscles of the neck. Do each one **2 to 3 times**, Holding **15-30 seconds**. There are wall mounts that are available to use instead of your hands to cause resistance (\$80-\$150). These are great exercises.

 <p>Press your forehead into your palms, resisting any forward motion with your hands. Hold.</p>	 <p>Clasp your hands behind your head and press your head back. Resist motion with your hands.</p>	 <p>Turn your head to one side, resisting any motion with your hand. Switch sides. Hold.</p>	 <p>Tilt your head to one side, resisting any motion with your hand. Switch sides. Hold.</p>
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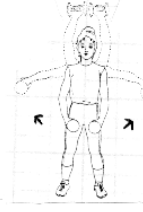


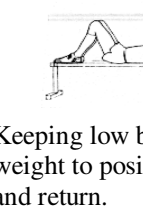
Shoulder, Chest, and upper arms. Do 8-12 repetitions with a weight that causes your muscles to tire toward the end of a set. Do 2-3 sets, Resting only for a short while, between sets and exercises. Exhale on the strenuous part and inhale coming back.

<p>Shoulder Shrugs: Trapezius</p>  <p>Keeping arms straight, lift shoulders as high as possible. Rotate back and down.</p>	<p>Bench Press: Chest, Shoulder, Triceps.</p>  <p>With feet on bench, lower barbells or bar to chest and press to straight arm position.</p>	<p>Fly: Chest (Pectoralis)</p>  <p>With elbows slightly bent lift dumbbells away from sides of body until they meet overhead.</p>	<p>Overhead Press: Deltoids</p>  <p>Bring dumbbells up to shoulder (starting point) palms out. Bring dumbbells overhead, straight up. Return to starting point.</p>
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Upper arm, forearm, wrists and fingers: Do 8-12 repetitions with a weight that causes your muscles to tire toward the end of a set. Do 2-3 sets, Resting only for a short while, between sets and exercises. **Exhale** on the strenuous part and **inhale** coming back.


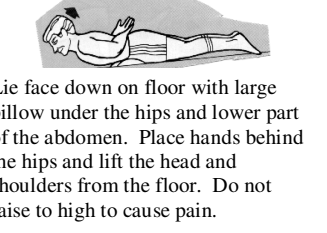
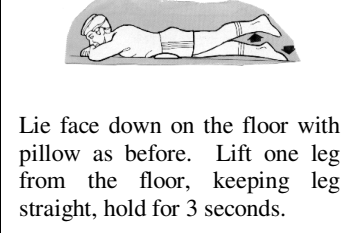
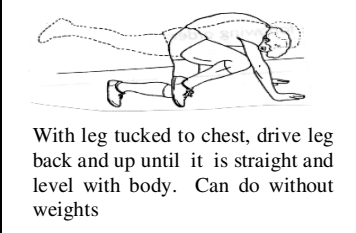
<p>Curls: Front of upper arm (biceps)</p>  <p>Curl dumbbells to shoulders. Keep upper arms in line with torso.</p>	<p>Back of upper arm (triceps)</p>  <p>Straighten arm backward to elbow-locked position.</p>	<p>Never exercise in pain. If a certain exercise causes pain highlight it and bring this in to Dr. Schuler for evaluation.</p>	<p>Curls: Fingers, wrists,</p>  <p>Forearms resting on legs. Hold weights face up. Flex wrists up toward body. Lower weights to ends of fingers.</p>
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Back: Do 8-12 repetitions with a weight that causes your muscles to tire toward the end of a set. Do 2-3 sets, Resting only for a short while, between sets and exercises. **Exhale** on the strenuous part and **inhale** coming back.

<p>Upper back</p>  <p>Move arms out to sides in a wide motion.</p>	 <p>Slowly swings arms, alternately, in front of body.</p>	<p>Mid back and upper/lower sides of back (latissimus).</p>  <p>From dotted position, pull dumbbell to side of chest, slowly. Push all the way back at end of lift.</p>	 <p>Keeping low back flat, lower weight to position shown and return.</p>
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Back: continued.

Low Back: Do each exercise **5 times**. **Build up to 3 sets**. Gradually increase. If performing low back exercises in a gym or with a machine be very careful on your technique. Talk to Dr. Schuler to prevent injury.

<p>Reverse Fly: mid back(rhomboids)</p>  <p>Laying face down on bench. Start with arms straight. Bring up to sides and push all the way back.</p>	<p>Extension: To strengthen Lumbar Extensors and buttocks.</p>  <p>Lie face down on floor with large pillow under the hips and lower part of the abdomen. Place hands behind the hips and lift the head and shoulders from the floor. Do not raise to high to cause pain.</p>  <p>Lie face down on the floor with pillow as before. Lift one leg from the floor, keeping leg straight, hold for 3 seconds.</p>  <p>With leg tucked to chest, drive leg back and up until it is straight and level with body. Can do without weights</p>		
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