

Chart copy

Patient name: Katherine Lentini

Prescribed on: 10/03/2023

Dr. George Lentini

Diagnosis: Cervical Segmental Joint Restriction, Myofascial Pain Syndrome and Upper Crossed Syndrome

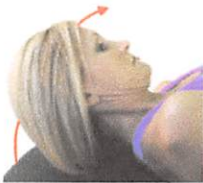
CURRENT EXERCISES



Cervical Retractions

Perform 1 set of 10 reps, 3 times per day

Sit or stand looking forward with good posture. Tuck your chin to create a double chin. Hold this position for 3-5 seconds. Return to the starting position. Focus your vision on a spot on the wall to avoid neck flexion or extension. To progress, place a finger on your chin, and apply backwards pressure at end range. Imagine that your head is on drawer slides. Keep your mouth closed. Perform 1 set of 10 repetitions 3-10 times per day. Alternately, this exercise may be performed standing with your back against a wall. Your buttocks and shoulder blades should be in contact with the wall. Tuck your chin to make a "double chin" until the base of your skull contacts the wall, relax and repeat as directed.



Deep Neck Flexion

Perform 1 set of 10 reps, 3 times per day

Lie on your back, with your head supported. Perform a "chin tuck" by retracting your head to create a double chin. Lift your head, bringing chin toward your chest without lifting shoulders- as though you are looking at your toes. Hold this position for 3-4 seconds. Lower your head and relax. Keep your teeth apart during exercise to decrease straining at the jaw. Perform as directed.



Levator Stretch

Perform 3 sets of 10 reps, 2 times per day

While sitting, grasp the seat of your chair with your left hand. Rotate your head toward the right and look downward toward the floor. Place your right hand over the top of your head and gently pull down and diagonally in the direction you are looking. Against the resistance of your hand, contract your neck in an attempt to push your head backward/diagonally from the direction you are looking for seven seconds. Relax and gently pull your head further toward the floor to increase the stretch. Lock into this new position, and make sure that you continue to keep your head rotated in the direction that you are pulling. Perform three contract/relax cycles on each side twice per day or as directed.



Stay Active

The USDA recommends that we "make physical activity a regular part of the day. Choose activities that you enjoy and can do regularly. Fitting activity into a daily routine can be easy such as taking a brisk 10 minute walk to and from the parking lot, bus stop, or subway station. Or, join an exercise class. Keep it interesting by trying something different on alternate days. Every little bit adds up and doing something is better than doing nothing." Don't forget to start slowly. To avoid injury, try not to increase your activity level by more than 10% per week. Visit <https://www.choosemyplate.gov/physical-activity-tips> for more ideas about staying active.



Trapezius Stretch- Sitting

Perform 1 set of 3 reps, 2 times per day

While sitting, reach down with your right arm, grasping the bottom of a chair for stability. While looking straight ahead, place your left hand on top of your head, and gently pull your head sideways toward the left. Against the resistance of your arms, attempt to bring your right ear and right shoulder together for seven seconds. Relax and stretch further toward the left. "Lock-in" to each new position, and do not allow any slack. Repeat three contract/relax cycles on each side twice per day or as directed.



Corner Pectoral Stretch

Perform 1 set of 3 reps, 2 times per day

Begin standing, facing a corner with your palms on the walls above head level. Step toward the corner and "lean in" to stretch your chest muscles. Against the resistance of the wall, attempt to push your hands into the wall and toward each other for 7 seconds. Relax and "lean in" to increase the stretch. Lock into this new position and repeat 3 contract/ relax cycles, twice per day or as directed.

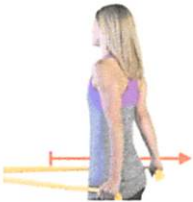
UPCOMING EXERCISES



YTWL Scapular Depression

Perform 3 sets of 10 reps, 2 times per day

Stand with your straight arms raised above your head in a "Y" position. Squeeze your shoulder blades together and downward throughout the following sequence of movements. Lower your straightened arms to shoulder level, into a "T" position. Next bend your elbows so that your fingers are pointing straight up while slightly lowering your elbows to make a "W". Finally, while keeping your elbows bent 90 degrees, lower your arms to your sides so that your elbows are touching your ribs to form an "L" on each side and squeeze. Hold each position for 1-2 seconds and repeat 3 sets of 10 repetitions, twice per day or as directed.



Low Row

Perform 3 sets of 10 reps, 2 times per day

Attach the center of an elastic exercise band to a doorknob or other sturdy object in front of you. Grasp one end of the band in each hand and with straight arms at your side, stretch the band backwards. Keep your palms facing backward and arms pointed straight down throughout the exercise. Return to neutral and repeat 3 sets of 10 repetitions daily, or as directed.



Brugger with Band

Perform 3 sets of 10 reps, 2 times per day

Begin sitting or standing with an elastic exercise band wrapped and secured around your palms. Begin with your arms at your side, elbows bent, forearm's pointing forward. Move your hands apart from each other to maximally stretch the band while simultaneously rotating your palms out, straightening your arms, and pinching your shoulder blades together as your hands move behind your hips. Return to the start position and repeat 3 sets of 10 repetitions daily, or as directed.