

Energy Stretch

What do you want to stretch today?
and Hand | Shoulders

Therapeutic Maneuvers®
Cervical Spine 1

Right Lateral
Flexion
Left Lateral
Flexion

1. Stand straight
2. Slowly tip your head to the right
3. Right ear to right shoulder, don't lift shoulder
4. Hold position for count of 12
5. Release back to center
6. Repeat to left side
7. Repeat step 1

Spinal Biomechanical

Therapeutic Maneuvers®
Cervical Spine 2
Lateral Flexion Head Rotation

1. Stand straight
2. Slowly tip your head to the right
3. Right ear to right shoulder, don't lift shoulder
4. Rotate your chin toward right shoulder
5. Hold position for count of 12
6. Repeat to left side
7. Repeat

Spinal Biomechanical

Therapeutic Maneuvers®
Cervical Spine 3
Step 1
Neutral
Step 2
Chin Out
Step 3
Chin In Neck Down

1. Stand straight
2. Push chin outward away from neck
3. Flex neck forward toward chest
4. Hold position for count of 12
5. Release to neutral
6. Repeat

Spinal Biomechanical

Therapeutic Maneuvers®
Cervical Spine 4
Step 1
Neutral
Step 2
Chin In
Step 3
Chin Out Neck Down

1. Stand straight
2. Slowly push chin toward neck
3. Flex neck forward toward chest
4. Hold position for count of 12

5. Release to neutral
6. Repeat

Spinal Biomechanical

Therapeutic Maneuvers®

Thoracic Spine 1

Front View of Upper Back Right Lateral Bending
Back View of Upper Back Left Lateral Bending

1. Stand straight
2. Slowly tip your upper back to right side keeping head 90 degrees to shoulders
3. Maintain right arm next to right side
4. Hold position for count of 12
5. Release to back to center
6. Repeat three times per side

Spinal Biomechanical

Therapeutic Maneuvers®Thoracic Spine 2

Front View

Lateral Tip Right Shoulder, Arm Extended Forward

Oblique View

Lateral Tip, High Shoulder, Arm Extended Forward

1. Stand straight
2. Maintain left arm next to left side
3. Extend right arm straight forward
4. Maintain left shoulder position in space
5. Stretch forward as far as possible
6. Hold position for count of 12
7. Repeat to opposite side
8. Repeat three times per side

Spinal Biomechanical

Therapeutic Maneuvers®

Thoracic Spine 3

Front View

Elbow 90°

Pull Scapula Together

Back View

Approximation of Scapula with Spine

1. Stand straight
2. Move hands above head
3. Keep upper arms parallel to floor
4. Extend fingers upward
5. Pull shoulders and wing bones (scapula) slowly backward
6. Hold position for count of 12
7. Repeat three times

Spinal Biomechanical

Therapeutic Maneuvers®Thoracic Spine 4

Shoulders Elevated Hands Down Head Straight

Side View Shoulders Up

1. Stand straight
2. Maintain arm position to side
3. Raise shoulders upward
4. Hold position for count of 12
5. Relax
6. Lower shoulders downward
7. Hold position for count of 12
8. Relax
9. Repeat three times

Spinal Biomechanical Therapeutic Maneuvers®

Lumbar Spine 1

Hip Rotation

Side View Hip Rotation

1. Stand straight
2. Arms to the front
3. Feet shoulder width apart, 6" from wall or door
4. Head, Back, Buttocks against wall or door
5. Test lumbar spine space with hand
6. Rotate hip backward and down
7. Hold position for count of 12
8. Relax
9. Repeat three times

Spinal Biomechanical

Therapeutic Maneuvers®
Lumbar Spine 2

Front View of
Right Arm
Down Right Leg
Head Perpendicular to shoulders
Opposite Side View

1. Stand straight
2. Bend lower back to right side
3. Maintain arm to right side of body
4. Don't bend hips
5. Hold position for count of 12
6. Release back to center
7. Repeat to left side
8. Repeat three times

Spinal Biomechanical

Therapeutic Maneuvers®
Lumbar Spine 3

Side View of Flexion Position

1. Stand straight
2. Bend forward at waist-knees straight
3. Reach hands toward toes
4. Don't bounce
5. Hold position for count of 12
6. Repeat three times

Spinal Biomechanical

Therapeutic Maneuvers®
Wrist and Hand 1
Hand Flex
Hand Extension
Fingers Out

Fingers In

1. Bend one wrist into flexion, use the other hand
2. Hold position at end range of motion for count of 12
3. Repeat step 1 with extension
4. Separate fingers as far as possible
5. Close fingers to each other, squeeze
6. Repeat three times

Spinal Biomechanical

Therapeutic Maneuvers®
Wrist and Hand 2

Axial Finger Stretch

1. Use right hand to pull fingers for traction

2. Use one finger at a time
3. Hold position for count of 12
4. Do each finger
5. Switch hands
6. Repeat three times

Spinal Biomechanical

Therapeutic Maneuvers®

Wrist and Hand 3

Hand Traction

1. Use left hand and right
2. Pull on right fingers with a smooth steady traction motion
3. Hold position for count of 12
4. Switch hands
5. Repeat three times

Spinal Biomechanical Therapeutic Maneuvers®

Shoulder

Starting Position

Holding Position

1. Stand straight
2. Hands down to sides
3. Rotate arm outward
4. Hold position for count of 12
5. Repeat three times each arm