

Patient:
Mr Neil Buirski

Date:
05th Jun 2019



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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.

Repetitions: 5 | Time: 3 seconds hold

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



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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.

Sets: As wrist pain allows | Repetitions: 3 | Time: 30 seconds

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



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External Rotation with Band Both Sides

Tuck your elbows in, keeping them next to your body, and hold two ends of an exercise band. Move your arms outwards away from your stomach, using the band for resistance. This is an important strengthening exercise for the rotator cuff shoulder muscles.

Sets: Keep elbows in hips | Repetitions: 10

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

Active External Rotation Side-Lying

Lying on your good side, tuck your elbow in, keeping it next to your body, and move your arm outwards away from your stomach. This is a mobility exercise for your shoulder.

Sets: 2 | Repetitions: 10

Video: <http://youtu.be/DYiLR0plbfw>



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Passive Abduction with Dowel Rod

Hold a dowel rod in front of you, and use your good arm to assist your painful arm in moving away from your body. Only go as far as feels comfortable, unless your therapist advises you otherwise. This exercise helps improve mobility of the shoulder. If you don't have a dowel rod, you can use a broom stick or golf club.

Sets: as pain allows | Repetitions: 10

Video: <http://youtu.be/zl5QrdFmloo>



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Neck Side Flexion Overstretch

Ensuring your nose is pointing forwards, bend your neck as if you were taking your left ear towards your left shoulder. Use your hand to gently pull your head a little further, creating a stretch on the opposite side of your neck. Now repeat to the right. This exercise will help improve mobility to your neck.

Repetitions: 3 | Time: 30 seconds | Both sides

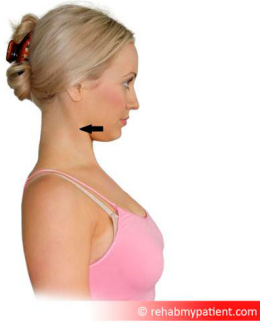
Video: <http://youtu.be/fA08D3nj-hs>



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Dear Mr Buirski, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on clinicians@healthflex.co.uk. Good luck and keep with it!

Exercise Diary:



Neck Retraction

05. Jun (Week 1)							12. Jun (Week 2)							19. Jun (Week 3)							26. Jun (Week 4)						
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Standing/Sitting Retraction

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External Rotation with Band Both Sides

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Active External Rotation Side-Lying

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Passive Abduction with Dowel Rod



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Neck Side Flexion Overstretch



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