

**Exercise plan:**  
**Writers Stretches**

**Patient:**  
**Mrs Angela Cairns**

**Date:**  
**29th Dec 2019**



### Sigh Breath

Standing or sitting with good posture, take a deep breath in through your nose. You should concentrate on filling the lungs, and letting the stomach move outwards. As you release the air, breathe out through the mouth while making an audible sigh. Aaaaaaah!

**Repeat 3 times**

Video: <http://youtu.be/3xzew29MBwo>

### Alternate Nostril Breathing

Inhale through your right nostril, and exhale through your left nostril. Now inhale through your left nostril, and exhale through your right nostril. Always block the opposite nostril to the one you are breathing through.

**Repeat 5 times**

Video: [http://youtu.be/aw\\_WNteoE40](http://youtu.be/aw_WNteoE40)



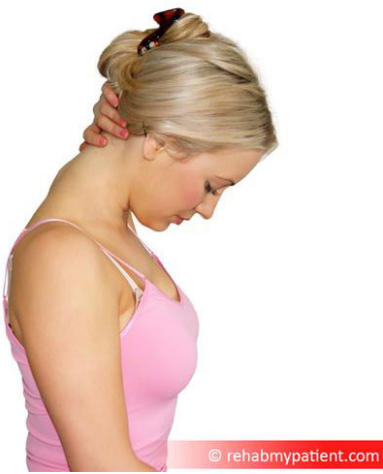
### Mouth Open

Open your mouth as wide as possible, hold, and then relax.

**Repeat 3 times**

Video: <http://youtu.be/5livg5JeXjY>





### Neck Flexion Overstretch

Bend your neck forwards, and place a hand on your back of your head and gently pull your neck so that your chin tucks downwards. This will stretch your neck muscles. Hold the stretch for the required time, and relax.

**Repeat 3 times**

Video: <http://youtu.be/VwSRo8kdjeg>



### Posterior Scalene Stretch

Place your fingers in the webbing of your neck (just above the collar bone), and rotate your neck to the opposite side, and tuck your chin down. You will feel the stretch under your fingers at the side of the neck. Hold the stretch, and relax.

**Repeat 3 times | Hold for 10 | Perform both sides**

Video: <http://youtu.be/EdKGB0v4Mng>



### Neck Side Flexion Stretch

Ensuring your nose is pointing forwards, bend your neck as if you were taking your left ear towards your left shoulder. Hold the stretch and then repeat to the right. This exercise will help improve mobility to your neck.

**Repeat 3 times | Hold for 10 | Perform both sides**

Video: <http://youtu.be/R0IkMPT53qA>



### Ulnar Nerve Stretch

Make goggles with your thumb and index finger, then turn the goggles upside down so the thumb pad is facing towards your face. You will feel a stretch going through the arms. This exercise is a nerve stretch.

**Repeat 1 times | Hold for 5**

Video: <http://youtu.be/NK3R8DOeOL4>



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### Bilateral Mid Pec Stretch

Place your arms at 90 degrees, with your palms flat on the wall, and face towards a corner. Push your body into the corner keeping your hands in the same position. You will feel a stretch across your upper arms, front shoulders and chest.

**Repeat 3 times | Hold for 5**

Video: <http://youtu.be/yUzaf5pQ7XQ>



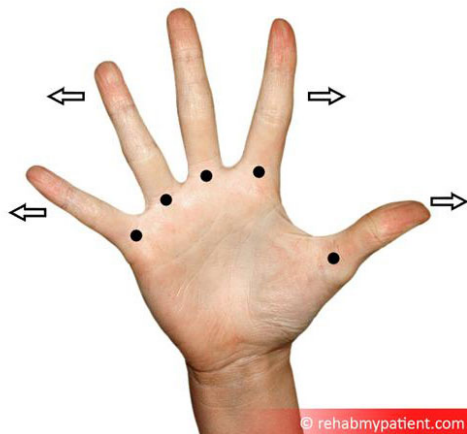
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### Shoulder Rolls

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.

**Repeat 5 times**

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



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### Finger Abduction Active

Start with your fingers together. Spread all your fingers wide apart from each other. Use this exercise to stretch your fingers out.

**Repeat 3 times | Hold for 5**

Video: <http://youtu.be/ISYoY72YD6s>



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### Standing Extension

Standing up with good posture, extend your back by arching your spine backwards. You can place your hands in the small of your back for support if you require. Start gently, and keep the exercise within your comfort zone.

**Repeat 3 times | Hold for 5**

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

## Lumbar and Thoracic Side Flexion Standing 2

Stand up straight, and bend to the side by running your hand down the outside of your leg and use an arm above your head to create more leverage. Hold this stretch, and then repeat to the other side. This is a good mobility exercise for the lower and upper back.

**Repeat 3 times | Perform both sides**

Video: <http://youtu.be/J8JqxQYUUr0>



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## Split Squat

Take a step forwards (as if you were going into a lunge), and drop the back knee towards the ground. The front knee stays at 90 degrees, but does not go forwards of that point. Always keep good alignment... your knee should stay over the 2nd ray of your foot, and never let your knee drop inwards. Return to the start position.

**Repeat 3 times | Perform both sides**

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



Please stop any exercise that causes pain. If you have any questions with an exercise, just email us on [angelacairnsauthor.co.uk](mailto:angelacairnsauthor.co.uk). Good luck go gently and keep with it!

# Exercise Diary:



## Sigh Breath

29. Dec (Week 1)							05. Jan (Week 2)							12. Jan (Week 3)							19. Jan (Week 4)						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S

26. Jan (Week 5)							02. Feb (Week 6)							09. Feb (Week 7)							16. Feb (Week 8)						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S



## Alternate Nostril Breathing

29. Dec (Week 1)							05. Jan (Week 2)							12. Jan (Week 3)							19. Jan (Week 4)						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S

26. Jan (Week 5)							02. Feb (Week 6)							09. Feb (Week 7)							16. Feb (Week 8)						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S



## Mouth Open

29. Dec (Week 1)							05. Jan (Week 2)							12. Jan (Week 3)							19. Jan (Week 4)						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S

26. Jan (Week 5)							02. Feb (Week 6)							09. Feb (Week 7)							16. Feb (Week 8)						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S



## Neck Flexion Overstretch

29. Dec (Week 1)							05. Jan (Week 2)							12. Jan (Week 3)							19. Jan (Week 4)						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S

26. Jan (Week 5)							02. Feb (Week 6)							09. Feb (Week 7)							16. Feb (Week 8)						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S





### Posterior Scalene Stretch

29. Dec (Week 1)							05. Jan (Week 2)							12. Jan (Week 3)							19. Jan (Week 4)						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S

26. Jan (Week 5)							02. Feb (Week 6)							09. Feb (Week 7)							16. Feb (Week 8)						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S



### Neck Side Flexion Stretch

29. Dec (Week 1)							05. Jan (Week 2)							12. Jan (Week 3)							19. Jan (Week 4)						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S

26. Jan (Week 5)							02. Feb (Week 6)							09. Feb (Week 7)							16. Feb (Week 8)						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S



### Ulnar Nerve Stretch

29. Dec (Week 1)							05. Jan (Week 2)							12. Jan (Week 3)							19. Jan (Week 4)						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S

26. Jan (Week 5)							02. Feb (Week 6)							09. Feb (Week 7)							16. Feb (Week 8)						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S



### Bilateral Mid Pec Stretch

29. Dec (Week 1)							05. Jan (Week 2)							12. Jan (Week 3)							19. Jan (Week 4)						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S

26. Jan (Week 5)							02. Feb (Week 6)							09. Feb (Week 7)							16. Feb (Week 8)						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S



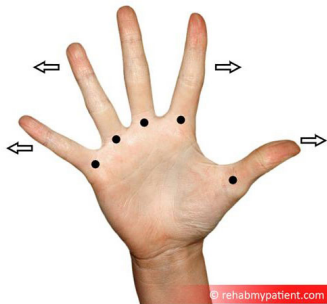
### Shoulder Rolls

29. Dec (Week 1)							05. Jan (Week 2)							12. Jan (Week 3)							19. Jan (Week 4)						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S

26. Jan (Week 5)							02. Feb (Week 6)							09. Feb (Week 7)							16. Feb (Week 8)						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S

### Finger Abduction Active



29. Dec (Week 1)							05. Jan (Week 2)							12. Jan (Week 3)							19. Jan (Week 4)						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
26. Jan (Week 5)							02. Feb (Week 6)							09. Feb (Week 7)							16. Feb (Week 8)						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S

### Standing Extension



29. Dec (Week 1)							05. Jan (Week 2)							12. Jan (Week 3)							19. Jan (Week 4)						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
26. Jan (Week 5)							02. Feb (Week 6)							09. Feb (Week 7)							16. Feb (Week 8)						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S

### Lumbar and Thoracic Side Flexion Standing 2



29. Dec (Week 1)							05. Jan (Week 2)							12. Jan (Week 3)							19. Jan (Week 4)						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
26. Jan (Week 5)							02. Feb (Week 6)							09. Feb (Week 7)							16. Feb (Week 8)						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S

### Split Squat



29. Dec (Week 1)							05. Jan (Week 2)							12. Jan (Week 3)							19. Jan (Week 4)						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
26. Jan (Week 5)							02. Feb (Week 6)							09. Feb (Week 7)							16. Feb (Week 8)						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S