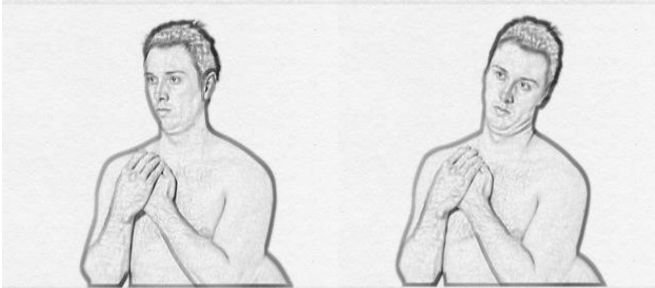


Cervical and TMJ

HEP

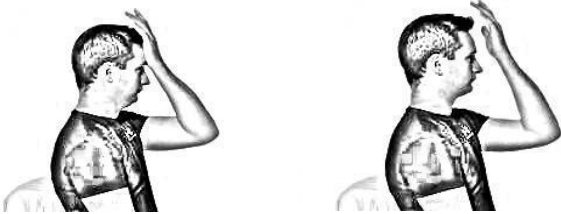
1. Stretching Scalene



- Sit and place your hands over your collarbone on the affected side.
- Pull down towards floor gently with hands.
- With your chin tucked-in, slightly
- lean your head sideways away from hands until a stretch is felt along the side of the neck.
- maintain the stretch and relax.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

2. Isometric Flexion



- Stand or sit tall with your chin tucked-in.
- Place hand on forehead.
- Without allowing movement, attempt to move your head forward, resisting with hand.
- Gently relax and repeat.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

3. Isometric Extension



- Stand or sit tall with your chin tucked-in.
- Place one hand behind your head.
- Without allowing movement, attempt to move your head backwards, resisting with hand.
- Gently relax and repeat.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

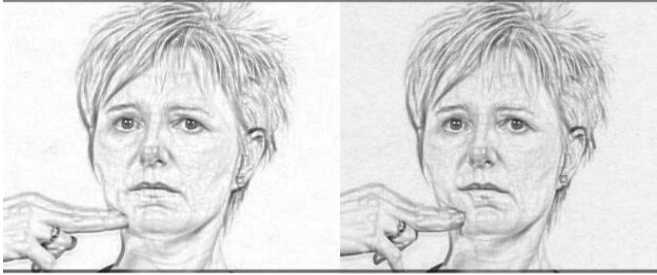
4. Side Isometric



- Place your palm on the side of your face.
- Attempt to bring your ear down to your shoulder but resist any actual movement with your hand.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

5. TMJ



- Place two fingers on the right side of your jaw.
- Apply gentle horizontal pressure onto the jaw towards the left, but resist any actual movement of the jaw by contracting your muscles.
- Relax your lower jaw.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

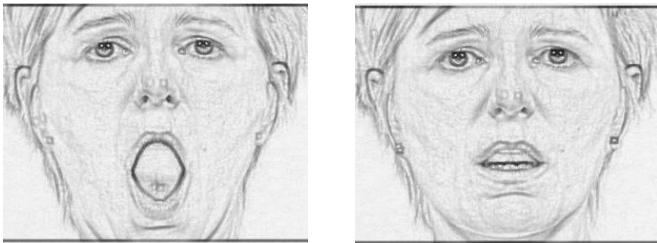
6. Protrusion



- Place two fingers on your chin.
- Apply gentle pressure onto your chin in a backward direction but resist any actual movement of the jaw by contracting your muscles.
- Relax your chin.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

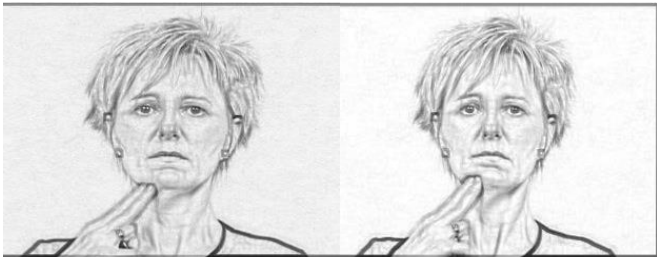
7. Controlled Opening



- With your tongue resting on the roof of your mouth, let your jaw drop partially opened. Close and repeat.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

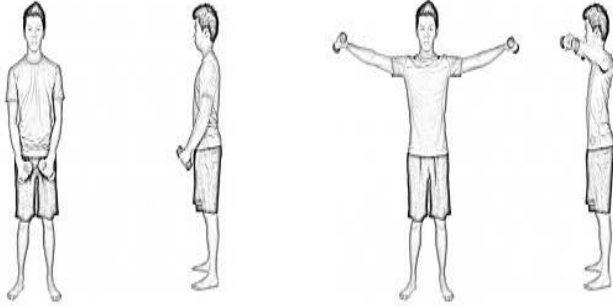
8. TMJ Stretch



- Place two fingers on the right side of your lower jaw.
- Apply gentle pressure towards the left allowing your jaw to stretch to left side.
- Repeat on other side.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

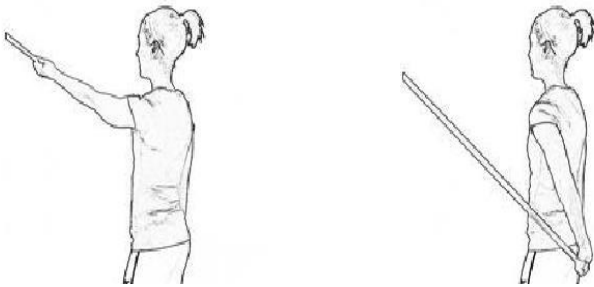
9. Shoulder abduction



- Stand upright with arms along your sides with one small weight in each hand.
- Lift your arms up on the side, not higher than shoulder height.
- Keep the elbows slightly bent.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

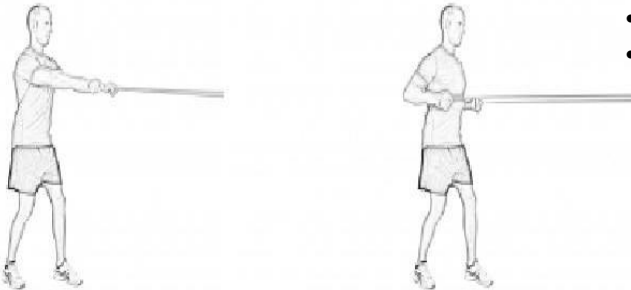
10. Lats



- Stand and tie the elastic in front of you at head level.
- Hold the elastic tightly with your palm facing downwards making your arm straight at shoulder level.
- Pull your arm straight down.
- Keep your arm straight, shoulder back and torso stable during the exercise.
- Slowly return to initial position and repeat.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

11. Rows



- Attach the band to an object in front of you at elbow height.
- Hold both ends of the band.
- Keeping your arms in a 45° from your body, pull the band keeping your chest out and your shoulders down and back.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

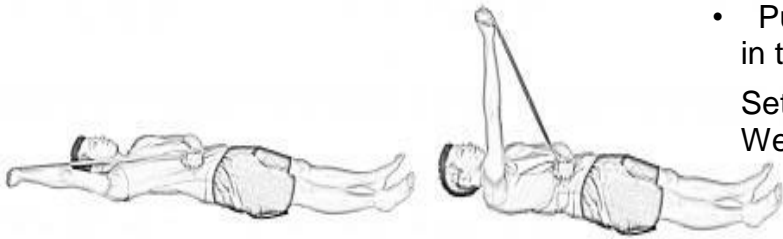
12. Chin Tucks



- Lie down on your back with your head resting on a pillow.
- Retract your head as you were pressing down evenly (no tilting up or down) on the pillow with the back of your head.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

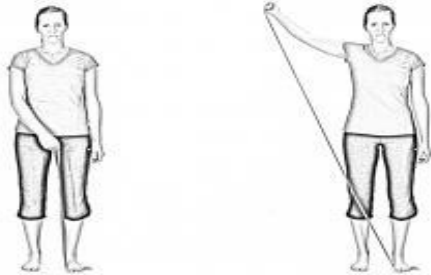
13. Flexion



- Lying on your back with one loop of band over your foot holding the other loop in your hand.
- Pull the band overhead while keeping the arm pivoting in the socket (thumb toward the bed).

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

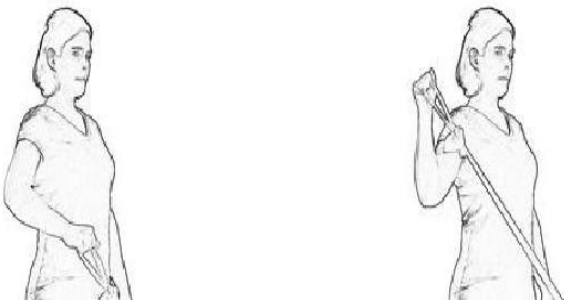
14. Abduction



- Lie on back with one loop of the band around your foot and other loop in your hand.
- Leading with your thumb and keeping your elbow straight, lift arm out to side and towards your head.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

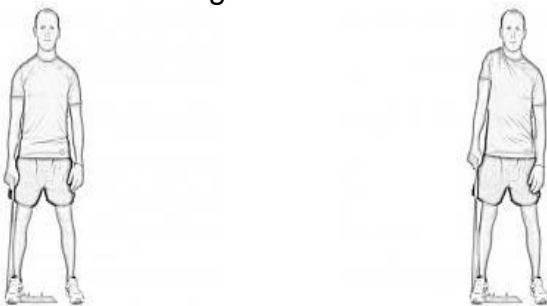
15. External Rotation



- Lie on back, place one loop of band around your foot and hold other loop in your hand.
- Bend your elbow to 90 degrees and move it out to the side even with your shoulder with your palm facing your foot.
- Pull your hand backwards towards the mat.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

16. 2 arm shrug



- Lie on back. Place band around both of your feet holding one end of the band in each hand.
- Keeping your elbows straight, shrug your shoulders up towards your ears and back down.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

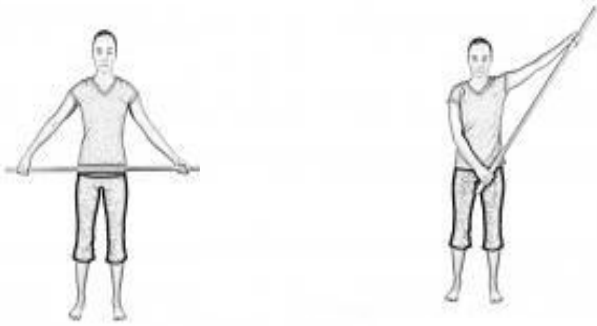
17. Assisted ROM Flexion



- Lie on your back with your knees bent.
- Hold a stick between each hand evenly.
- Keeping your elbows straight, lift the stick overhead as far as you can.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

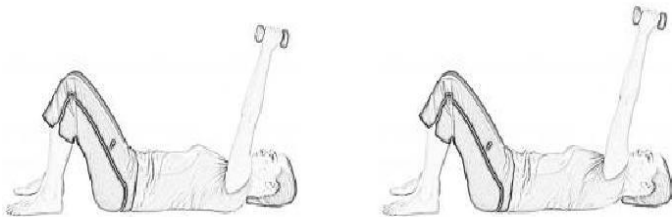
18. PROM
Abduction



- Lie on your back. Hold a stick in your hands, the palm of the affected side facing up.
- With the unaffected side, push the stick sideways to lift the affected arm towards your head.
- Move the arm in all the range of motion that it is possible to get.
- Make sure that the prime mover is the unaffected arm.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

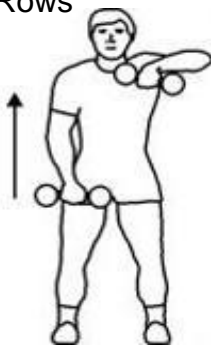
19. Serratus
Punches



- Lie on back with knees bent, bring the dumbbells over your shoulders, palms facing each other.
- Keep your elbow straight and push the dumbbells straight up towards the ceiling.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

20. Upright Rows



- Stand keeping back straight, abs tight, head up and knees slightly bent.
- Raise elbows to shoulder level together pulling the weight up your body.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

21. Supine
Punches



- Lie on back. Bend your elbow to 90 degrees against your body with palms facing each other. Punch weight straight up towards ceiling alternating arms.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____