

# STRENGTHENING EXERCISE

shortening of too long muscles

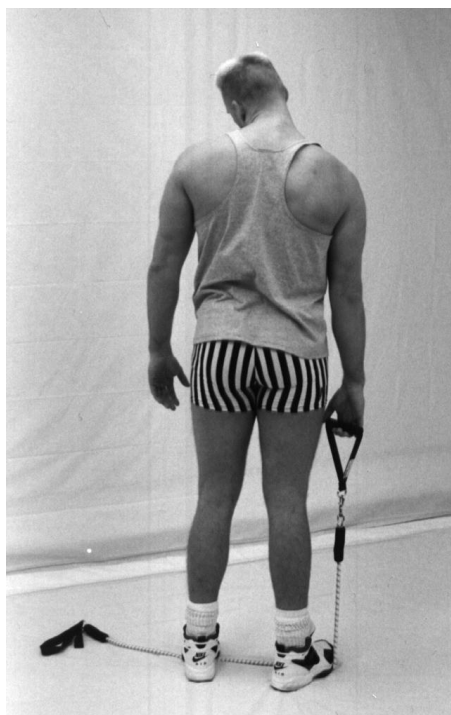
## UPPER EXTREMITY

---

---

### # 1 - Trapezius, upper

#### TO STRENGTHEN THE RIGHT UPPER TRAPEZIUS:



**Starting position:**

Stand on the medi-cord with your right foot. Bend down to grab hold of the attached handle. Stand up straight with the right arm at your side, slightly in front of you. Make sure that there is tension in the medi-cord. Lean and turn your head to the left.

**Positive phase:**

Pull the handle upward following a path slightly behind the center of the body and pull straight up, by shrugging your right shoulder up towards your right ear. Make sure that the right arm is straight/locked through the movement. Simultaneously bring the right ear and shoulder together while head is still turned left. Exhale during positive phase.

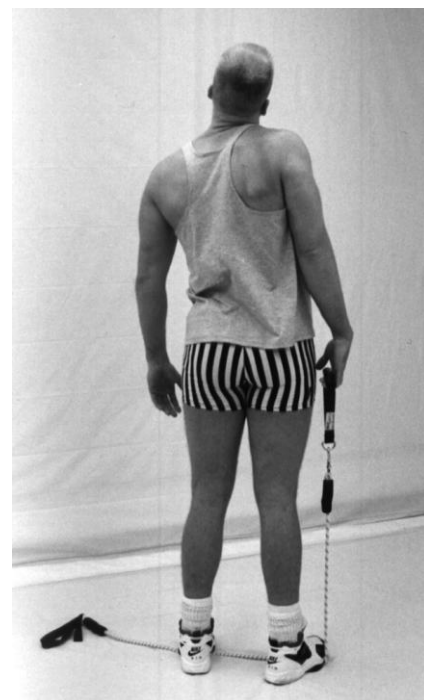
**Peak contraction:**

Hold this position so that you can feel a contraction between base of head and top of right shoulder for 1 second.

**Negative phase:**

Slowly stretch the shoulder downward and slightly forward back to the starting position. Simultaneously lean head over to the left.

Inhale during the negative phase.



**Stretch:**

Hold this position, so that you can feel a stretch between base of head and top of right shoulder, for 1 second.

**This is one repetition. Repeat this in described numbers of sets and repetitions.**

\_\_\_\_\_ Sets X \_\_\_\_\_ Repetitions

Right side

Left side

Both sides

\_\_\_\_\_ Times per week

# STRENGTHENING EXERCISE

shortening of too long muscles

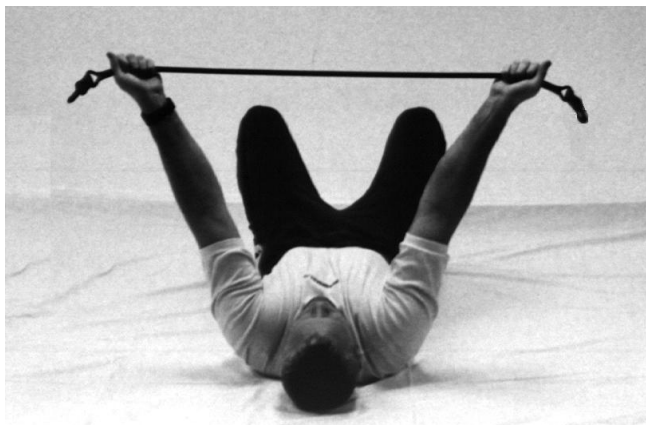
## UPPER EXTREMITY

---

---

### # 2c - Trapezius, middle

TO STRENGTHEN RIGHT AND LEFT MIDDLE TRAPEZIUS:



**Starting position:**

Lay on your back on a table or the floor. Keep your knees bent and feet on the surface. Keep your elbows locked and hold your arms straight up in front of you and slightly to the sides. Grab hold of a medi-cord with both hands, palms facing your head and thumbs pointing outward.

**Positive phase:**

Keep your elbows locked during the entire exercise. Bring your arms down to the bench/floor by squeezing your shoulder blades together as much as you can. Keep your arms in a 90° angle to the trunk during the entire exercise.

Exhale during the positive phase.

**Peak contraction:**

Hold this position so that you feel a contraction between the shoulder blades for 1 second.

**Negative phase:**

Slowly let the shoulder blades move apart while the arms move upward to the starting position. Keep your elbows locked and keep arms in a 90° angle to the trunk. Inhale during the negative phase.



**This is one repetition. Repeat this in described numbers of sets and repetitions.**

\_\_\_\_\_ **Sets X**

\_\_\_\_\_ **Repetitions**

\_\_\_\_\_ **Times per week**

# STRENGTHENING EXERCISE

shortening of too long muscles

## UPPER EXTREMITY

---

---

### # 3c - Trapezius, lower

TO STRENGTHEN RIGHT AND LEFT LOWER TRAPEZIUS:



**Starting position:**

Lie on your back on a table or the floor. Keep your knees bent and feet on the surface. Keep your elbows locked, hold your arms straight up, above your eyebrows and slightly to the sides. Grab hold of a medicord with both hands with thumbs pointing outward.

**Positive phase:**

Keep your elbows locked during the entire exercise. Bring your arms down to the bench/floor by squeezing your shoulder blades together and downwards as much as you can. The cord moves from a position over your eyebrows to a position over your chest. Exhale during the positive phase.

**Peak contraction:**

Hold this position so that you feel a contraction between the shoulder blades and the mid back for 1 second.

**Negative phase:**

Slowly let the shoulder blades move apart while the arms move upward to the starting position over your eyebrows. Inhale during the negative phase.

**This is one repetition. Repeat this in described numbers of sets and repetitions.**

\_\_\_\_\_ Sets X

\_\_\_\_\_ Repetitions

\_\_\_\_\_ Times per week



# STRENGTHENING EXERCISE

shortening of too long muscles

## UPPER EXTREMITY

---

---

### # 4b - Serratus anterior

#### TO STRENGTHEN THE LEFT SERRATUS ANTERIOR:



**Starting position:**

Attach medi-cord at shoulder level. Kneel down on your right knee with your left foot in front of you in a hurdle position with your back towards medi-cord attachment. Grab hold of handle with your left hand. Put your right hand in front of you on the floor for balance. Make sure that you have tension in the medi-cord. Straighten your arm forward and 45° to the left. Keep arm parallel to the floor, lock your elbow and point thumb to the ceiling.

**Positive phase:**

Push your left hand forward parallel to floor and slightly to the left until you can't reach any further. Exhale.

**Note:** The movement is only a few inches. You can feel the shoulder blade moving away from the spine.

**Peak contraction:**

Reach out as far as you can and hold so that contraction is felt in the side of rib cage and under shoulder blade.

**Negative phase:**

Slowly return to the starting position without bending arm. You can feel the left shoulder blade move closer to the spine. Inhale.

**Stretch:**

Squeeze left shoulder blade to spine.  
Hold stretch for 1 second.



**This is one repetition. Repeat this in described numbers of sets and repetitions.**

\_\_\_\_ Sets X \_\_\_\_ Repetitions

Right side

Left side

Both sides

\_\_\_\_\_ Times per week

# STRENGTHENING EXERCISE

shortening of too long muscles

## UPPER EXTREMITY

---

### # 5 - Levator scapulae

TO STRENGTHEN THE RIGHT LEVATOR SCAPULAE:



**Starting position:**

Stand with right foot in the attachment loop. Use a short medi-cord and attach the arm cuff to the right arm, just below the elbow. Lean your torso to the right. Turn head to the left and tuck it into flexion.

**Positive phase:**

Elevate the right shoulder/scapulae, and simultaneously turn your head to the right and extend it. Do this while still leaning torso to the right.

**Peak contraction:**

Hold max contraction for 1 second. Contraction should be felt from base of head to the right shoulder blade.

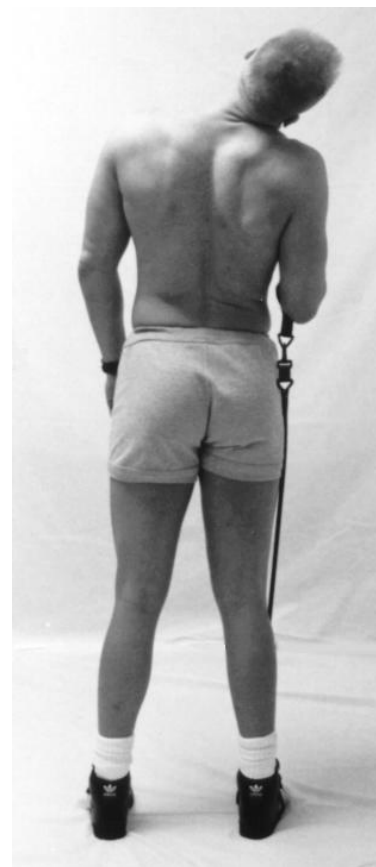
**Negative phase:**

Slowly return to the starting position, shoulder blade sinks down and head turns left and into flexion.

**Stretch:**

Hold stretch for 1 second. Stretch should be felt between base of head and upper inner shoulder blade.

**This is one repetition. Repeat this in described numbers of sets and repetitions.**



\_\_\_\_ Sets X \_\_\_\_ Repetitions

- Right side
- Left side
- Both sides

\_\_\_\_\_ Times per week