

CANS

Complaints of Arm, Neck or Shoulder

1. AROM extension body while standing

1 set / 1 repetition / hold 1 second



Stand up with legs hip-width apart. Place your hands on your hips. Lean your body back, trying to bend the lower back as far back as possible and with the sternum pointing towards the ceiling. Try to avoid moving your hips too far forward. Hold this position for a few seconds and move back to the starting position.

2. McKenzie full extension

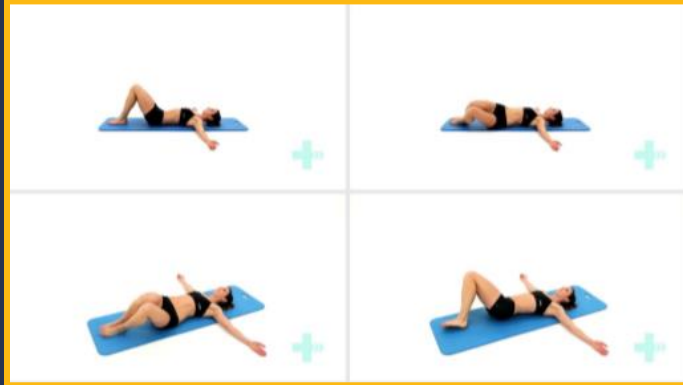
1 set / 1 repetition / hold 1 second



Lie on the mat. Lie flat on the mat. Push yourself straight up. Notice how your elbows are now straight. Your hips stay on the floor. Hold this.

3. Lower body rotation

1 set / 1 repetition / hold 1 second



Lie on the mat, stretch your arms out to the side. Your feet are flat on the floor. Bend your knees and press your lower back into the mat. Drop your legs in one direction; keep both shoulders on the floor. Raise your knees and drop them in the opposite direction, keeping both shoulders on the floor.

4. Knees to chest

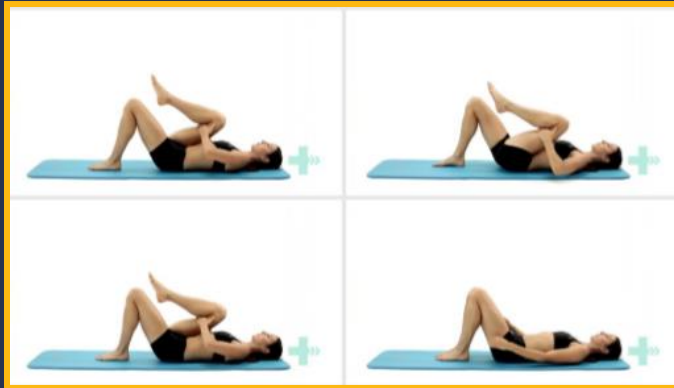
3 sets / 5 repetitions / hold 3 seconds



Bend your knees and put your feet flat on the floor. Grab under both knees. Draw your knees to your chest. Hold for three seconds and relax. When you are relaxed, do not put your feet all the way back to the ground. Just go back to 90 degrees and relax and repeat.

5. Knee to chest

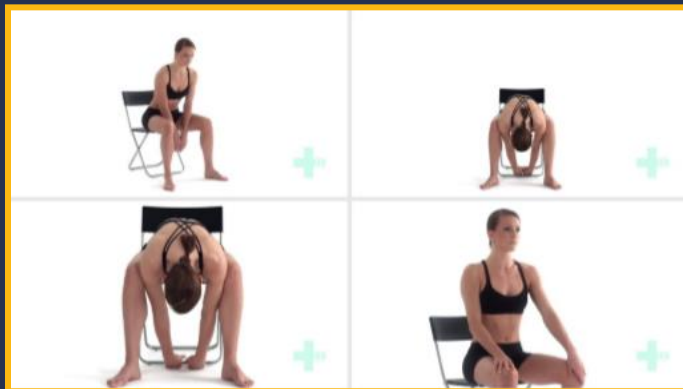
1 set / 1 repetition / hold 1 second



Bend your knees so your feet are flat on the floor. It is important to keep your pelvis tilted during this exercise; this means pushing your lower back against the floor. Reach your hand below your knee and pull the knee toward your chest. Make sure your lower back stays on the floor. Hold this for a few seconds. Lower the knee and switch sides. It is important to grasp below the knee, and not above the knee, so the knee joint is not compressed. Pull towards the chest. Make sure your spine stays on the mat.

6. Flexmobilisation body while seated

1 set / 1 repetition / hold 1 second



Sit in a chair and bend forward calmly and controlled with your knees under the chair. Control the pace of this movement by pressing your arms against your thighs. Reach forward under the chair with both arms and now let your lower back stretch by holding it. Continue to breathe slowly during this movement. To get back up you can put one hand on your foot and the other hand on your knee. Use the hand on your knee to push yourself off and come up to a sitting position.

7. AROM flex body in while standing

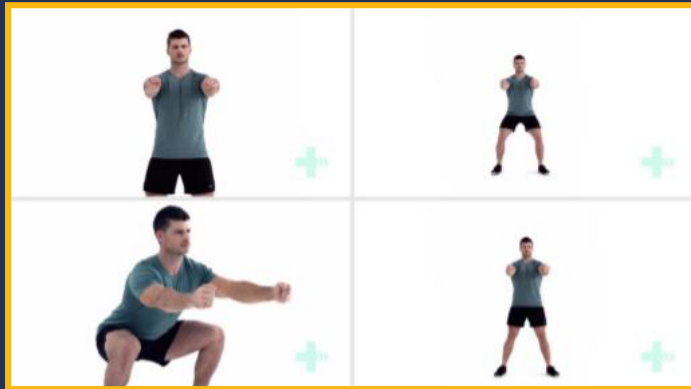
1 set / 1 repetition / hold 1 second



Stand upright with your feet hip-width apart and your hands on your thighs. Now slowly lower your hands down towards your feet. Go as far as you feel comfortable, but keep your legs straight. Hold the end position as indicated and then slowly move up again.

8. Squat (fitness)

8 sets / 20 repetitions / hold 1 second



Start upright with arms out in front of you, fists clenched and palms facing in. move down into a squat position so the knees are above the toes and the heels are in contact with the floor, making sure the back is straight. Keep your head and chest straight and look straight ahead. Hold briefly and move back up.

Tabata 1x: 8x (20" work, 10" pauze)

9. Good mornings

3 sets / 10 repetitions



Stand with your feet shoulder-width apart. Place your arms behind your head or behind your ears. Tilt your pelvis so you have an arch in your back and keep your stomach contracted. Lean forward while keeping your weight on your heels and push your butt straight back. It is very important to keep your weight on your heels and make sure you keep your back flat and stable.

10. Lunges (static)

4 sets / 5 repetitions



Take a big step forward with your affected leg. Lower your hips straight down between both feet. Bend both legs and hips so that your knees are bent at 90 degrees, your back heel is off the floor, and the shin of your front leg is vertical. Push yourself back up to the starting position and repeat. Make sure that your knees are always bend straight forward, over your toes.

1 set = 5 repetitions left / 5 repetitions right

11. McKenzie retract chin

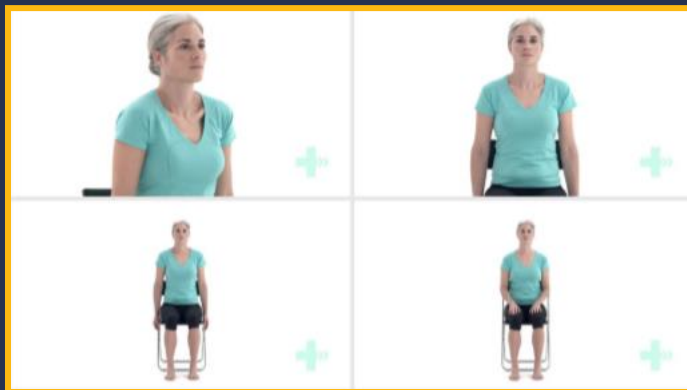
1 set / 1 repetition / hold 1 second



Place two fingers on your chin. Push against your chin so your head is straight back. Hold this for a few seconds and then relax back down. Push your chin straight back. Notice, it's just a movement of the neck. Push forward, making sure your chin does not drop. Just push the chin straight back and create a double chin.

12. Shrug shoulders while sitting

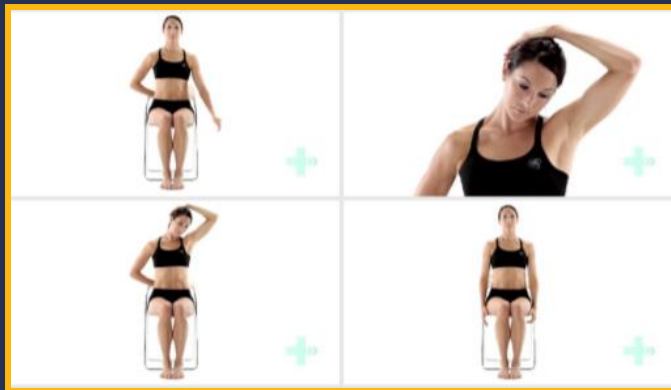
1 set / 1 repetition / hold 1 second



Relax your arms at your sides or on a table. Shrug your shoulders towards your ears. Hold this position briefly before relaxing your shoulders.

13. Levator scapulae stretch (lateroflexie + endorotation)

1 set / 1 repetition / hold 1 second



Place one hand behind your back. Take your other hand and pull your head down at an angle until you feel a stretch from the bottom of your skull to your shoulder blade. Hold for 5 seconds. You should feel a comfortable tension, but no pain.

14. Two piece neck stretching exercise

1 set / 1 repetition / hold 5 seconds



Start kneeling. Take your hand, place it on your head, pull your ears towards your shoulder, and hold for 5 seconds. Then bend your head down towards the knee and until you feel a comfortable tension. Hold for 5 seconds.