

Sports Physical Therapy Institute, 609-419-0455
743 Alexander Road, Ste 2, Princeton, NJ 08540

Patient: Rowers, Masters
Usage:

Provider: Marc Nowak, MS PT
Date: 3/23/2009

The following exercises have been specifically chosen for you by your health care provider. Remember, as with any exercise program, consult your doctor or therapist if you have any questions or experience pain or difficulty in performing these exercises. Please review the following points before beginning your exercise program.

1. Move slowly and gently through the motions.
2. Move through a range that is comfortable for you stopping at the point of pain or tightness.
3. If you feel an exercise is too difficult, skip it and go on to the next exercise.
4. If you feel fatigued, short of breath, or lightheaded, stop and rest.
5. Be sure not to hold your breath when you exercise.
6. If you feel numbness or tingling in your arms or legs, stop the exercise.

If you have further questions, please be sure to call your doctor or therapist.

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1. (158) Scalene Stretch: 3 reps, 30 sec hold, 1 set



Place your left arm across your body.

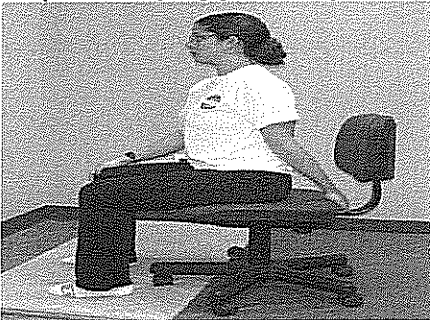


Tilt your head toward your right side.

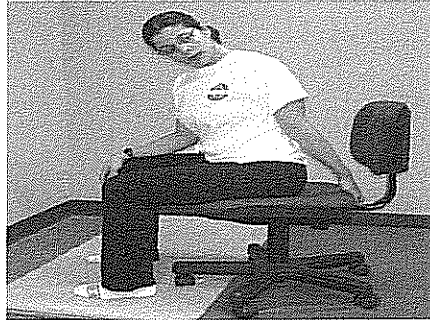


Pull left arm to increase stretch. Repeat other side.

2. (100200) Upper Trapezius Stretch- Hold Chair: 3 reps, 30 sec hold, 1 set



Hold back of chair w/ involved hand.



Side bend and flex neck to other side, lean trunk FWD.



Rotate eyes to fixed shldr. Feel pull in back of neck.

3. (100238) Posterior Capsule Stretch- doorway: 3 reps, 30 sec hold, 1 set



Grasp doorway w/ involved hand at shoulder height



Rotate trunk into the involved shldr, hold stretch.



Feel stretch in back of the shoulder. Relax and repeat.

4. (100235) Pectoral Stretch- 90/90 doorway: 3 reps, 30 sec hold, 1 set



Arms on doorway in 90/90 shdr/elbow position.

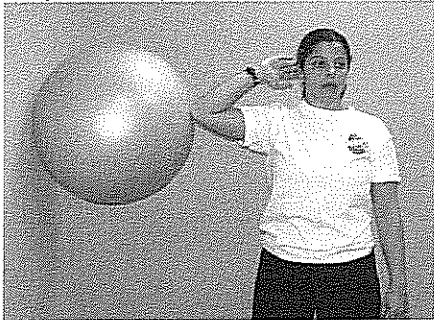
Straddle legs, lean forward, keep trunk & head up.

Feel stretch in front of shoulders & chest.

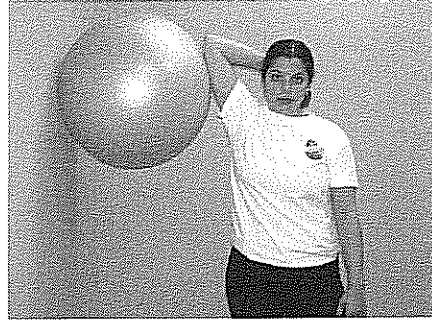
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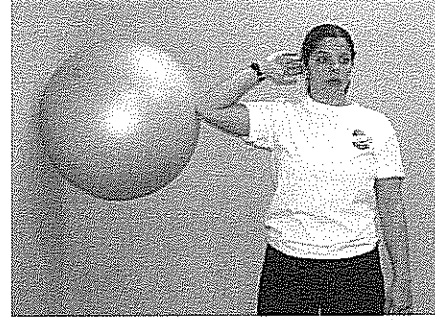
5. (100219) Abduction Stretch- Swiss Ball on Wall: 10 reps, 5 sec hold, 1 set



Face sideways to wall, hold ball with elbow shdr height

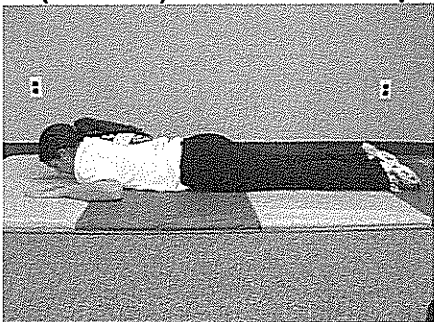


Roll ball up the wall with arm, lean into ball w/ trunk.

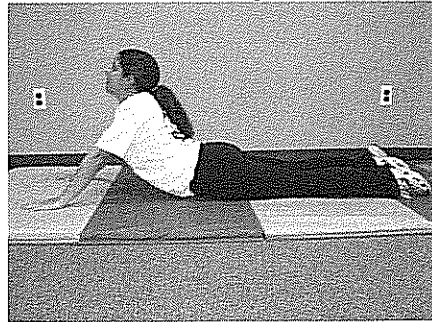


Feel stretch in arm pit. Avoid pain at end range.

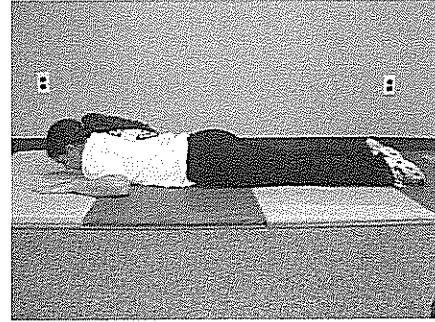
6. (100244) Prone Press-ups- extension: 10 reps, 5 sec hold, 2 sets



Lay flat on floor, palms down at shoulder level.

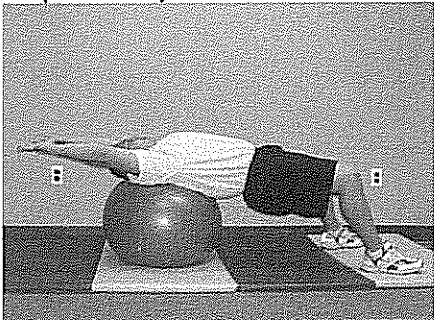


Press up w/ hands, extend elbows, arch back & neck.

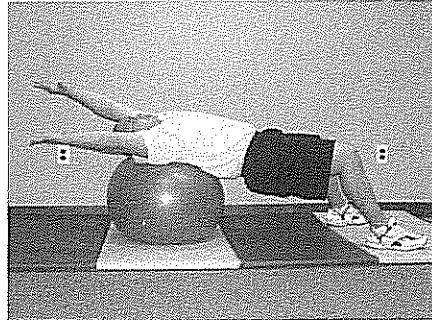


Relax trunk, feel stretch in low back. Hold & repeat.

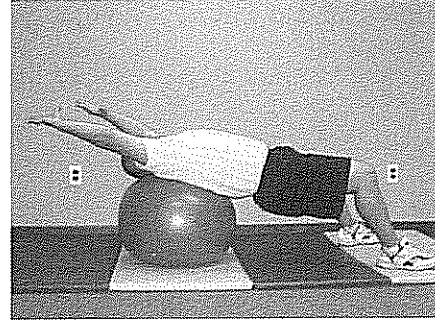
7. (100099) Shoulder Shimmy- static bridge - SB: 10 reps, 3 sec hold, 2 sets



Lie back on ball, hips up, knees 90, arms overhead.

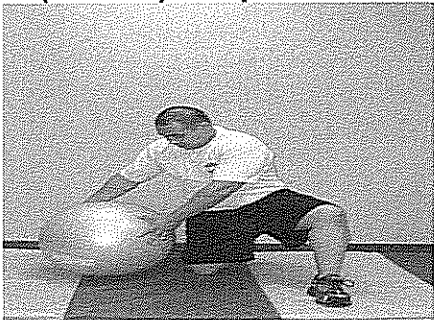


Reach one hand maximally overhead.



Repeat with other arm, Feel stretch in the mid back.

8. (100101) Chop SB- Half Kneeling: 10 reps, 3 sec hold, 2 sets



1/2 kneeling, hold ball to outside of knee on floor.



Watch ball as you lift it overhead across your body

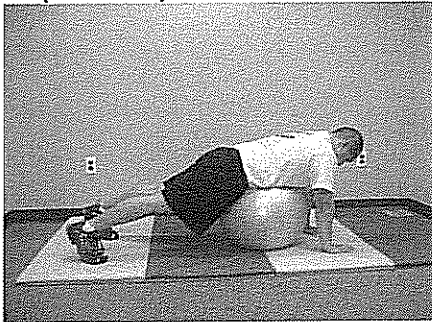


Return to start. Repeat. Switch legs, work opp. side

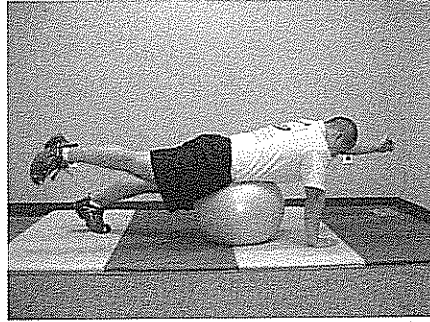
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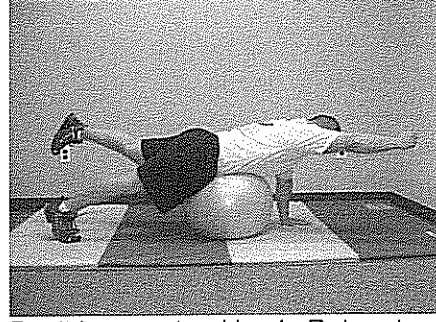
9. (100037) Cross Extension Swiss Ball- prone: 10 reps, 3 sec hold, 2 sets



Prone over ball, ball at hips, weight evenly distributed.

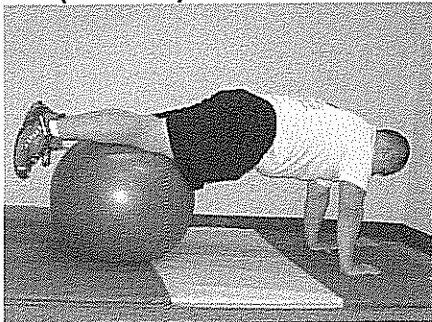


Lift arm & opp leg to ceiling, thumb up and leg straight.

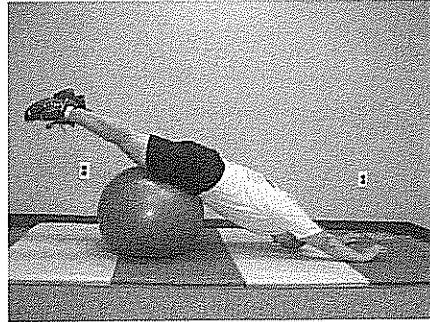


Don't hyperextend back. Return to start position.

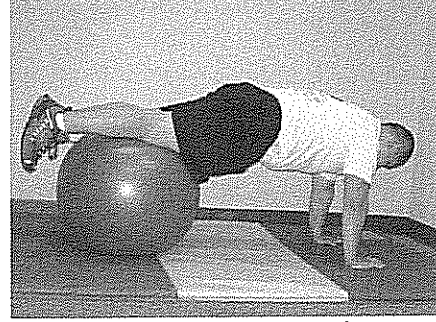
10. (100107) Total Trunk Extension - SB- prone: 10 reps, 3 sec hold, 2 sets



Start in push up position on ball with back straight.



Push body away from hands extending body fully.



Return trunk back to start w/ elbows locked. Repeat.

11. (100440) ER-sidelying: 10 reps, 3 sec hold, 2 sets



Side lying, 3" towel roll in arm pit, elbow bent 90 deg.



Palm facing chest, rotate shldr up, keep arm at side.

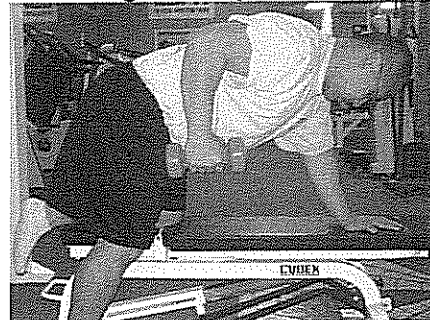


Keep elbow bent to 90 deg during rep. Lower & repeat.

12. (100441) Bench Rows-1/2 kneeling: 10 reps, 3 sec hold, 2 sets



1/2 kneel on bench, elbow straight, shldr to 90 degrees



Bend and elevate elbow to shoulder height and hold.

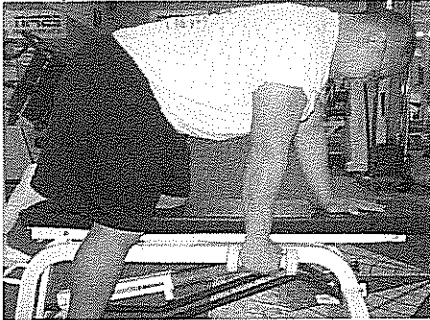


Slowly lower weight to start position. Repeat.

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13. (100445) Bench Shoulder Flexion-1/2 Kneeling: 10 reps, 3 sec hold, 2 sets



1/2 kneeling elbow straight and even with shoulder.

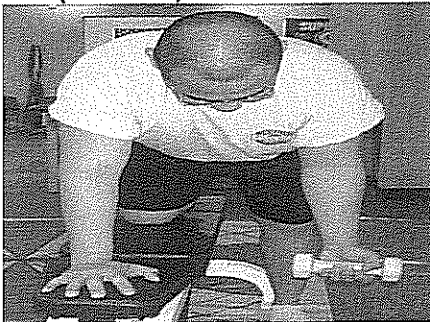


Elevate weight to shoulder height with elbow extended



Keep chin tucked, trunk flat. Return to start, repeat.

14. (100446) Bench 1/2 Kneeling Reverse Flies: 10 reps, 3 sec hold, 2 sets



1/2 kneeling, palm facing forward, elbow straight.



Thumb up, raise weight out to side, inline with shoulder.



Slowly, return to start, with palm facing fwd. Repeat.