Appendix 1. Home exercise program.

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| Phase | Target Time Frame | Daily Exercises |
| 1 | 1 – 2 weeks after surgery | * Walking * Deep breathing * Distraction (i.e., relaxation, music, etc.) * Controlled neck motion to 30 degrees   + Flexion   + Side flexion   + Rotation * Shoulder motion   + Shrugs   + Scapular retraction   + Circles * Shoulder strengthening   + Flexion (isometric – wall resistance)   + External rotation (isometric– wall resistance)   + Internal rotation (isometric– wall resistance) * Upper body stretching   + Chest stretch (doorway)   + Upper back stretch * Abdominal tightening (standing) |
| 2 | 3 – 4 weeks after surgery | * Walking * Deep breathing * Distraction * Controlled neck motion to 30 degrees * Neck strengthening   + Flexion (isometric – manual resistance)   + Extension (isometric– manual resistance)   + Side flexion (isometric– manual resistance)   + Rotation (isometric– manual resistance) * Shoulder strengthening   + Flexion (theraband)   + External rotation (theraband)   + Internal rotation (theraband) * Abdominal tightening (supine)   + One-arm raise   + One-leg raise |
| 3 | 5 – 6 weeks after surgery | * Walking * Deep breathing * Distraction * Controlled neck motion to 30 degrees * Neck strengthening * Chin tucks (standing and supine) * Shoulder strengthening   + Scapular retraction (theraband)   + Wall push-up * Abdominal tightening (quadruped)   + One-arm raise   + One-leg raise |