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
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