

**ADAPT**  
FUNCTIONAL MOVEMENT CENTER

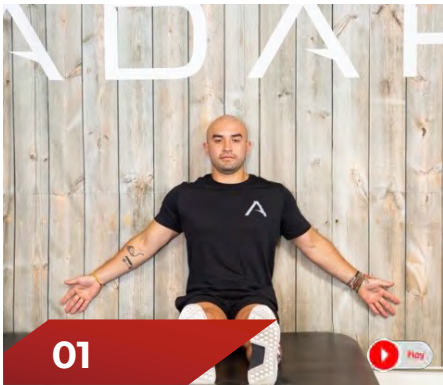
**STRETCH PROGRAM** | **MS SEMINAR SERIES**

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**IMMERSION**  
by ADAPT

## ➤ WALL ROUTINE – SNOW ANGELS

1. Static Wall Position – Sit up tall with back, shoulders and head against the wall. Activate back extensors, squeeze shoulder blades down and back with a slight chin tuck looking forward. Hold for 20-40 seconds.
2. Snow Angels – Begin with palms against the wall and thumbs pointing up. Keeping hands as close to the wall as possible, lift arms up in an arc as high as possible or until hands are just above your head.



## ➤ PRESCRIPTION

- Static Wall Holds – 3 x 20-40 seconds
- Snow Angels – 3 x 15 reps

## ➤ TIPS

- Only perform this exercise through pain free range of motion. If pain is present only lift arm to just below onset.

**ESSENTIALS**

① WALL ROUTINE – ALTERNATING SNOW ANGELS

1. Sit up tall with back, shoulders and head against the wall. Begin with palms against the wall and thumbs pointing up.
2. Keeping hands as close to the wall as possible, lift one arm at a time in an arc as high as possible or until the hand is just above your head.
3. Return the hand down to the starting position and complete the movement with the opposite arm.



② PRESCRIPTION

- 3 x 10 reps each arm

③ TIPS

- Only perform this exercise through pain free range of motion. If pain is present only lift arm to just below onset.

## ➤ WALL ROUTINE – ARM GLIDES

1. Sit up tall with back, shoulders and head against the wall. Hold elbows at shoulder height and hands at head height against the wall.
2. Squeeze your shoulders back together and work to trace hands in line with the wall, as you press your arms above your head until straight.
3. Engage your shoulders and triceps to drive your arms above your head.



## ➤ PRESCRIPTION

- 3 x 10 reps each arm

## ➤ TIPS

- Only perform this exercise through pain free range of motion. If pain is present only lift arm to just below onset.

**ESSENTIALS**

➤ WALL ROUTINE – BENT ARM PRESSES

Sit up tall with back, shoulders and head against the wall. Hold hands at chest height. Brace through your trunk and in a controlled movement press your arms forward in front.

Only press your hands out as far as you can maintain your balance and back upright against the wall. Ensure you maintain a slight chin tuck while looking forward.



➤ PRESCRIPTION

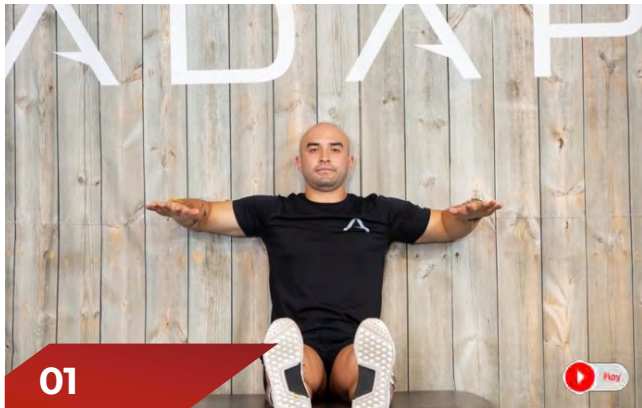
- 3 x 10 reps

➤ TIPS

- If pressing both arms simultaneously is too challenging, one arm can be used to support trunk while the other arm performs the press.

## ➤ WALL ROUTINE – ROTATOR CUFF PRESSES

1. Sit up tall with back, shoulders and head against the wall. Hold hands up at chest height and elbows at shoulder height.
2. Brace through your trunk and in a controlled movement rotate your hands upward from in front of the body to back against the wall. The movement should be generated from the back of your shoulder.
3. Return hands back to starting position and repeat.



## ➤ PRESCRIPTION

- 3 x 10 reps

## ➤ TIPS

- Keep shoulders engaged back and down, as your arm rotates upward avoid shrugging shoulder upwards as well.

## ➤ WALL ROUTINE – SINGLE & DOUBLE ARM CORE RAISES

Start sitting up tall with back, shoulders and head against the wall.

- Single Arm – Use your arms to support your trunk by pressing down into thighs. Brace through the trunk and raise one hand out in front of your body, working to keep your body tall and against the wall.
- Double Arm – Place hands on either side of your hips. Brace through the trunk and raise both hands out in front of your body, working to keep your body tall against the wall.



## ➤ PRESCRIPTION

- 3 x 10 reps each side for single
- Progress to 3 x 10 reps for double

## ➤ TIPS

- Only raise arms as high as you can maintain balance and trunk upright.

**STRETCH SERIES**

➤ UPPER SPINAL FLOOR TWIST

1. Start by laying on your side with hips and knees bent to 90 degrees and a pillow between your knees. Ensure your hips and shoulders are directly on top of each other.
2. Slowly rotate top arm over and on to the bed, twisting downward until your shoulder and back are resting on the table (or as low as possible).
3. You should feel a stretch across your chest and back. Take 2-3 deep breaths to help relax into the stretch.
4. Engage through your obliques and rotate back to the starting position. Repeat



➤ PRESCRIPTION

- 2 x 30 second holds each side

➤ TIPS

- Holding a light weight such as a dumbbell will add some resistance to challenge the core and oblique muscles.



**STRETCH SERIES**

➤ **CHAIR STRETCH**

**Thoracic Rotation - 2x6 each side**

1. Seated up tall in chair, link your hands together and place them behind your head
2. Keeping a tall chest, rotate your body to the left. Driving your left side backwards and your right-side forwards
3. You should feel a stretch through your upper back
4. Alternate rotations from left to right



**Lateral Side Bend - 2x6 each side**

1. Seated up tall in chair, link your hands together and place them behind your head
2. With a tall chest lean over to one side, working to bring the elbow on the side you are leaning on towards your body and the elbow on the opposite side reaching up to the roof. Hold for 3-5 seconds and complete 6 repetitions on one side before switching.

**Chest to Knees - 2x20s**

1. Seated up tall in chair, take a deep breath into your belly
2. Exhale and slowly bring your chest to your knees, take 3-4 deep breathes before returning to sit up tall
3. You should feel a stretch in your lower back. If you feel pain in the lower back beyond discomfort. You can sit a pillow on your knees for your chest to rest upon.

**STRETCH SERIES**

➤ **CHAIR STRETCH**

**Arm Across Chest – 2 x 20 second holds each arm**

1. Seated up tall in chair, cross one arm over your chest
2. Bring your opposite arm in front of the crossed arm and squeeze it close to your chest
3. You should feel a stretch in the back of your shoulder
4. Repeat on the opposite side



**Overhead Lat – 2 x 20 second holds each arm (Partner assisted)**

1. Seated up tall in chair, bring one arm up over your head and bend the arm so that the elbow is pointing to the roof
2. Have your partner assist you to bring the bent arm slowly back diagonally to their midline until you feel a stretch in the back of the arm and armpit
3. Repeat on the opposite side



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## Notes From Your Trainer



**Troy Baker**  
Recovery Consultant

Congratulations on taking the first step towards a healthier you!

I encourage you to take advantage of all the perks of a membership at Adapt; join our virtual classes, attend our member meet ups and consider joining our 12-week home recovery program 'Immersion' to take your recovery to the next level.