

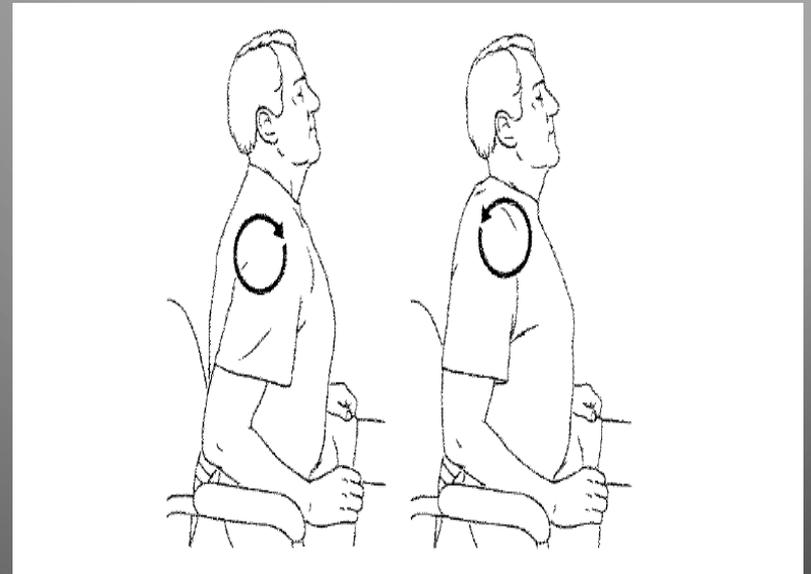
# Group Stretching Exercise

- ▶ Kim Cooley
- ▶ Kim Haddock

# POSTURAL EXERCISES – 1

## SEATED SHOULDER ROLLS

- ▶ Move shoulders up and around in a circle, forward and then backward. You may be seated or standing.
- ▶ Repeat 10–12 times.
- ▶ Complete 3–5 times throughout the day or as needed when you notice yourself having poor posture.

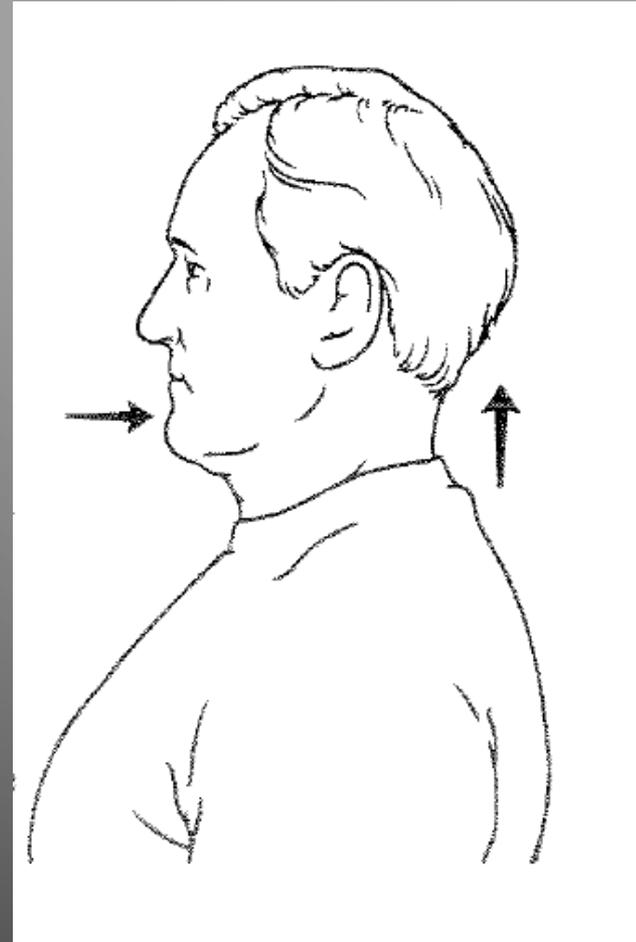


# POSTURAL EXERCISES -2

## CHIN TUCKS

You may be seated or standing. The goal is to pull your chin toward the back of your head/toward your spine. You may use gentle over-pressure on your chin with your hand.

- ▶ Hold for 3–5 seconds and repeat 10 times.
- ▶ Complete 3–5 times throughout the day or as needed when you notice yourself having poor posture.



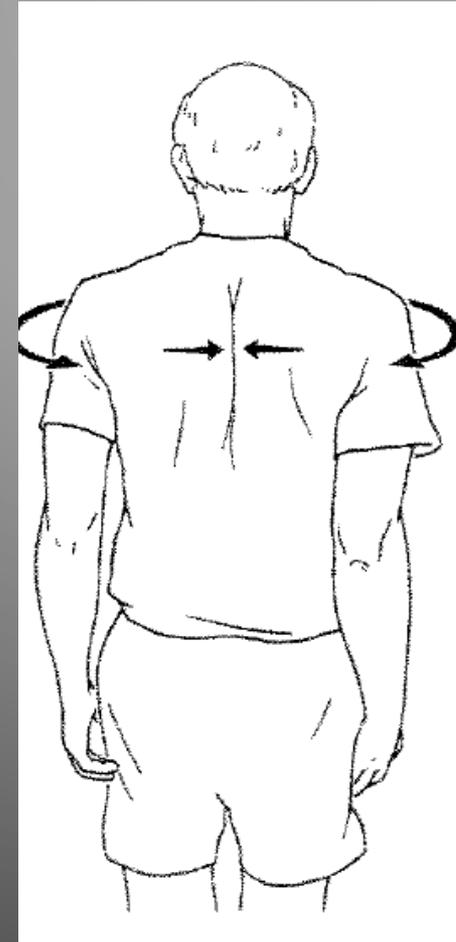
# POSTURAL EXERCISES – 3

## Shoulder Blade Squeezes

Rotate shoulders back, then squeeze shoulder blades together. Return to start position and repeat.

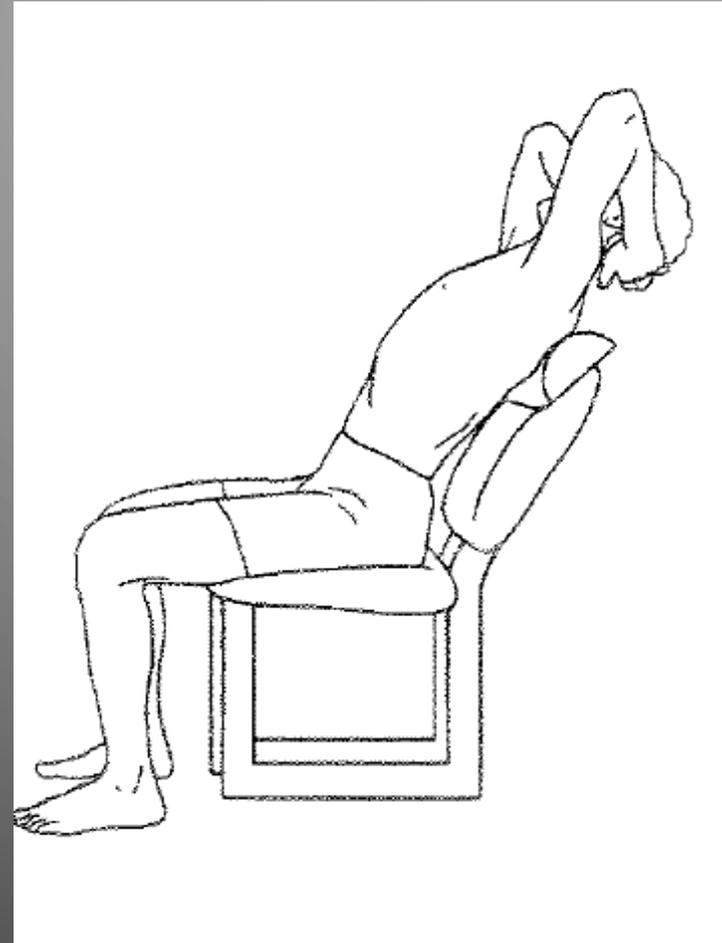
You may be seated or standing.

Repeat 10–12 times throughout the day (every 30–60 minutes) or as needed when you notice yourself having poor posture.



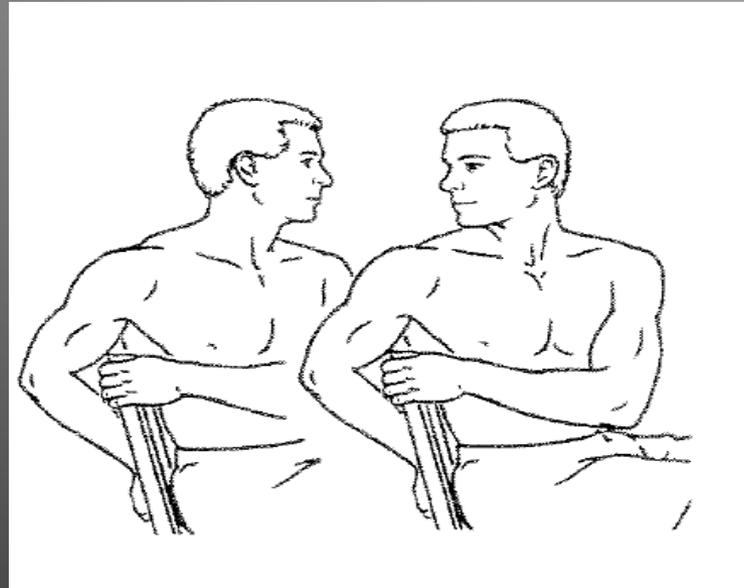
# POSTURAL EXERCISES – 4

- ▶ Seated Thoracic Extensions
- ▶ Sit on a low firm-backed chair, hands behind head. Place a pillow on the back of chair or under low back if needed.
- ▶ Elbows leading motion, lean back, arching upper body. Hold 3–5 seconds and exhale. Return to starting position and repeat 10–12 times.
- ▶ Complete 3–5 times throughout the day or as needed when you notice yourself having poor posture.



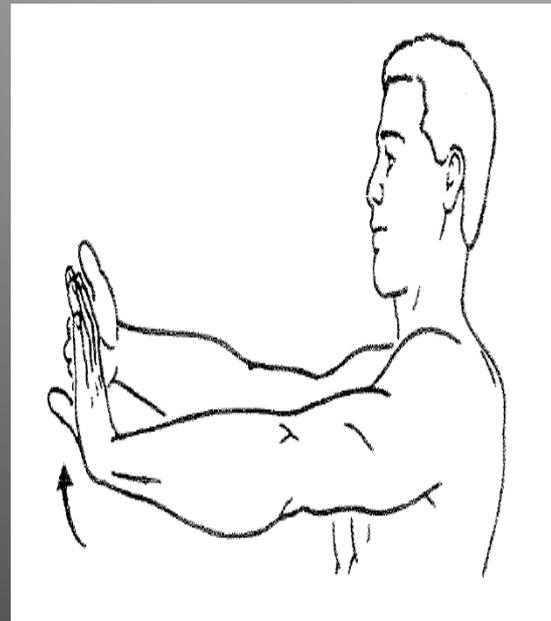
# SPINAL MOBILIZATION

- ▶ Cervico–Thoracic: Extension / Rotation
- ▶ Reach across body with arm and grasp back of chair. Gently look over side shoulder. Hold 30 seconds. Relax.
- ▶ Repeat 5 times.
- ▶ Do 3 times per day.



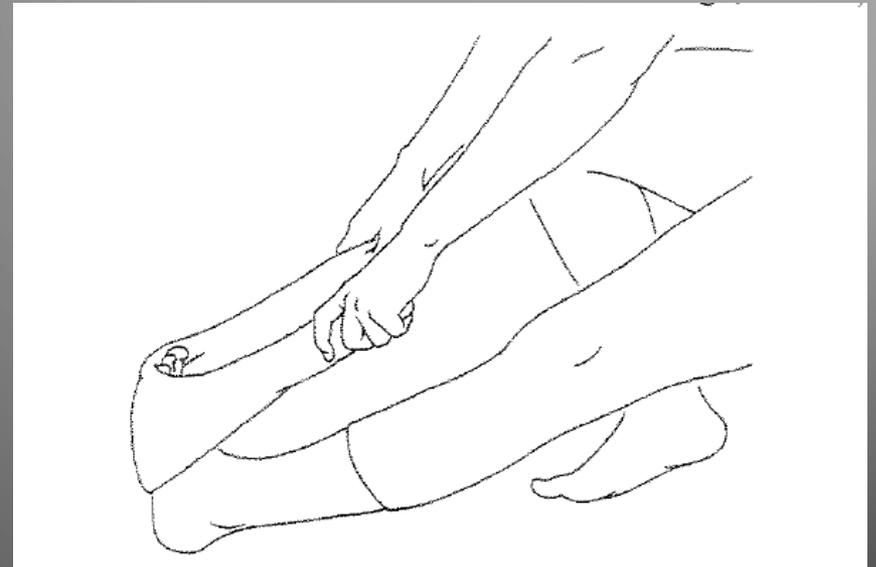
# HAND – WRIST FLEXOR STRETCH

- ▶ Keeping elbow straight, grasp hand and slowly bend wrist back until stretch is felt.
- ▶ Hold 30 seconds. Relax
- ▶ Repeat 5 times per set.
- ▶ Do 3 sessions per day.



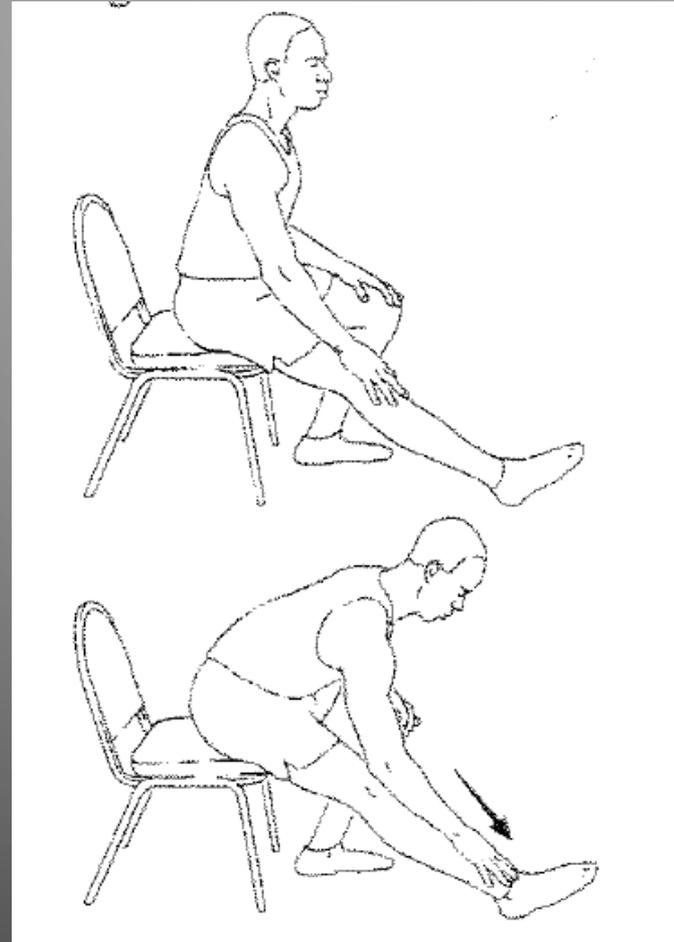
# SEATED LEG STRETCHES – 1

- ▶ Calves / Heels / Feet
- ▶ Sit with strap/towel around ball of foot.
- ▶ Gently pull toward body.
- ▶ Hold 30 seconds.
- ▶ Repeat 5 times per session.
- ▶ Do 3 sessions per day.



# SEATED LEG STRETCHES – 2

- ▶ Hamstring
- ▶ Sit at edge of seat, spine straight, on leg extended. Put a hand on each thigh and bend forward from the hip, keeping spine straight.
- ▶ Allow hand on extended leg to reach toward toes.
- ▶ Support upper body with other arm.
- ▶ Hold 30 seconds.



# BENEFITS FROM EXERCISE

- ▶ Improvement in aerobic or cardiovascular fitness
  - ▶ Improvement in strength
  - ▶ Reduction of risks for cardiovascular disease
  - ▶ Reduction of the risk of falls through improvement of balance
  - ▶ Enhancement of the overall quality of life
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# References

<http://www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Brochures/Brochure-Stretching-for-People-with-MS-An-Illustrated-Manual.pdf>

<http://www.nationalmssociety.org/Symptoms-Diagnosis/MS-Symptoms/Spasticity#section-0>