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Upper Body Mobilizations Stretches

In order to tailor the home-based program an explanation and demonstration of breathing exercises, mobilization stretches, and breathing techniques with body weight isometric exercises will be provided. All of these techniques are utilized to mobilize lymphatic fluid and improve flexibility. Exercises to stretch the area will restore movement and range of motion.

Breathing technique to assist in mobilizing lymph fluid.

The lymph system does not have an active pump to propel lymphatic back to the bloodstream. Effective lymph flow depends on sufficient muscle and joint activity and breathing exercises. The downward and upward movement of the diaphragm in deep breathing exercises is essential for sufficient return of lymph fluid to the bloodstream. As you breathe in thru the nose the lungs fill and the diaphragm moves down and the abdomen moves outward and as you breathe out there is inward movement of the abdomen the diaphragm move upward to help with mobilizing lymphatic fluid.

Diaphragmatic breathing

Pursed lip breathing

Aerobic Diaphragmatic Breathing Exercise

Deep Breathing-Diaphragmatic Breathing

1. Sitting- Relax your shoulders, lift chest
2. Place both hands on your abdomen
3. Take a slow, deep, comfortable **breath** in through your nose, feeling your hands rise as your tummy (abdomen) rises.
4. Hold the breath for 2 seconds
5. Then slowly **breathe** out through your mouth using pursed lips, so your abdomen is flat again; breathe out for a mental count of 6
6. Repeat 5 times
7. 4 times a day

Pursed Lip Breathing

A technique in which air is slowly exhaled thru pursed lips (blowing a candle) to lengthen the amount of air exhaled thus able to inhale a larger volume of air.

Aerobic Diaphragmatic Breathing Exercise-Strengthen the diaphragm

1. Sitting – relax shoulder and chest lifted
2. Mouth closed, place hands on abdomen
3. Breath in and out nose, feel the outward and inward motion of the abdomen, this the movement of the diaphragm
4. Duration 15-30 second interval
5. 4 times a day

Movement and Breathing

Mobilization stretching is the most functional type of movement and commonly the most undervalued component of conditioning. These stretches address all elements that limit movement and performance such as tight muscles, soft tissue restriction, and joint range of motion dysfunction. Mobilization shoulder movements will move through all the planes of motion including flexion/extension, abduction/adduction, internal/external, lateral/medial rotation, and circumfusion. Each exercise impacts the fluid movement of the shoulder joint. Each stretch can be done daily to maintain flexibility.

Posture

Sitting –Chest lifted, shoulder down, as you breathe out tighten abdomen

Standing – Chest lifted, shoulders down, knees slightly bent, pelvic tilt
(protect lower back), as you breathe out tighten abdomen

Snow Angels

1. Sitting or Standing on bed or floor
2. Arms at sides of torso, palms forward, fingers stretched open
3. Breathe out as you raise arms up overhead
4. Breathe in as you lower your arms
5. Repeat 5-10 times

Shoulder Shrug

1. Sitting or Standing
2. Palms to side of body
3. Breathe in raise shoulders to ears hold 1 second
4. Breathe out as you push shoulders down hold 2 seconds
5. Repeat 10 times

Shoulder Rolls

1. Sitting or Standing
2. Place arms down along side of body with palms forward and fingers spread apart, thumbs pushed back
3. Breathe in as you rotate shoulders up and back
4. Breathe out as you push shoulders down
5. Repeat 10 times slowly

Front Arm Rotation

1. Place arms out in front of body shoulder height
2. Rotate palms up and down
3. Repeat 10 times

Front Circles

1. Sitting or Standing
2. Interlace hands in front of chest (lift ribs-shoulders back)
3. Simulate a circular stirring motion
4. Circle to the right 5 times
5. Circle to the left 5 times

DO NOT MOVE BODY ONLY ARMS

Butterfly Pulses

1. Sitting or Standing
2. Arms out to the sides palms facing the ceiling thumbs back
3. Slight bend to elbows breathe in as you breathe out straighten arms
4. Pulse straight arms up and down
5. Repeat 10 times

Half Circles with or without Hand Weights

1. Sitting position
2. Place fisted palms up in front of body at waist level
3. Make a half circle rotating palms down at chest level
4. Repeat 10 times

Crisscross Arms

1. Sitting position
2. Place hands with palms up on thighs
3. Lift arms and crisscross hands one over the other
4. Repeat 10 times

Crisscross Arms

1. Place hands with palms down on thighs
2. Lift arms and crisscross hands one over the other
3. Repeat 10 times

Figure 8-shoulder mobility

1. Sitting or Standing
2. Place right arm out in front of body palm up to ceiling
3. Rotate palm down then rotate palm up
4. Swooping motion in front of body-making a figure 8
5. Repeat 10 times right arm and shoulder
6. Repeat 10 times left arm and shoulder

AS YOU GET STRONGER, MAKE THE MOVEMENT BIGGER TO ACHIEVE A GREATER STRETCH

Shoulder Squeeze

1. Sit or Standing, back is straight
2. Arms at your sides, palms facing each other, pull elbows back squeeze shoulder blades together, hold for 3 seconds.
3. Stretch arms in front of you, then move your shoulders back as you can without moving neck or back
4. Repeat 10 times

Open Chest and Neck Stretch

1. Stand or sitting
2. Interlace hands behind your back
3. Straighten arms, feel chest lift and shoulders down
4. Turn head to the right eyes looking over shoulder-hold count to 5
5. Slowly turn head to left, eyes looking over shoulder-hold count to 5
6. Repeat 3 times

KEEP SHOULDERS DOWN
ARMS STRAIGHT BEHIND BACK