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Instructions for personalized exercise routine:

Stretching exercises should only be performed after a thorough warm up is conducted. A thorough warm up should consist of light physical activity, for example walking in place, for approximately 10 minutes. A thorough warm up will prepare your muscles for the following stretching exercises by increasing blood flow, which in-turn increases the delivery of oxygen and nutrients to the working muscles.

Perform each stretch gently and slowly—avoiding any bouncing or jerky movements. Stretch only to the point where you can feel tension in the muscle group and never stretch to the point of pain or discomfort. Breathe slowly and deeply while performing each stretch.

After reading the description and viewing the accompanying picture on the next pages move your body into the stretch position and hold each stretch for 10 to 15 seconds. Relax for 10 to 15 seconds between each stretch. Stretches should be done on both sides. Perform the exercises for 10 minutes in the morning and 10 minutes in the evening.

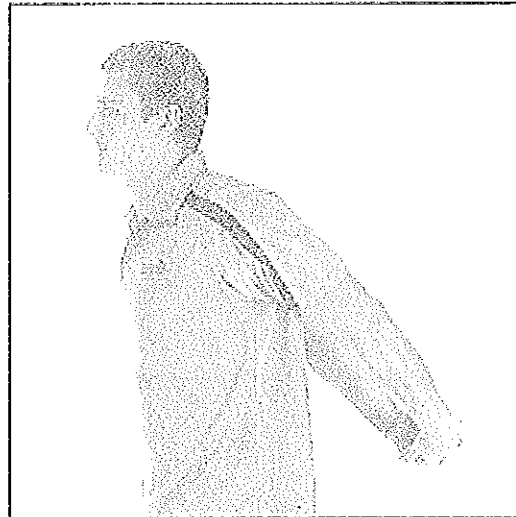
Call the office (718-625-4244) with any questions regarding the exercises.

If the stretches produce pain or discomfort, STOP performing exercises.

Stretch #A16

Reverse Shoulder Stretch, is for the muscles of the Shoulders

Stand upright and clasp your hands together behind your back. Slowly lift your hands upward.



Stretch #A10

Wrap-around Shoulder Stretch, is for the muscles of the Shoulders

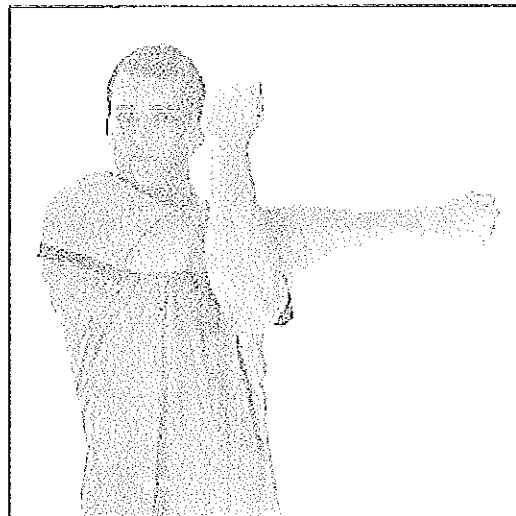
Stand upright and wrap your arms around your shoulders as if hugging yourself. Pull your shoulders back.



Stretch #A08

Parallel Arm Shoulder Stretch, is for the muscles of the Shoulders

Stand upright and place one arm across your body. Keep your arm parallel to the ground and pull your elbow towards your opposite shoulder.



Stretch #A09

Bent Arm Shoulder Stretch, is for the muscles of the Shoulders

Stand upright and place one arm across your body. Bend your arm at 90 degrees and pull your elbow towards your opposite shoulder.



Stretch #B06

Assisted Reverse Chest Stretch, is for the muscles of the Shoulders

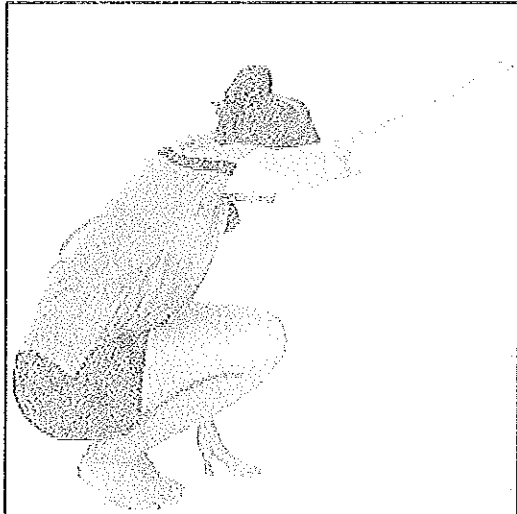
Stand upright with your back towards a table or bench and place your hands on the edge of the table or bench. Bend your arms and slowly lower your entire body.



Stretch #D02

Reaching Shoulder Stretch, is for the muscles of the Shoulders

Sit in a squatting position while facing a door edge or pole, then hold onto the door edge with one hand and lean backwards away from the door.



Stretch #A11

Cross-over Shoulder Stretch, is for the muscles of the Shoulders

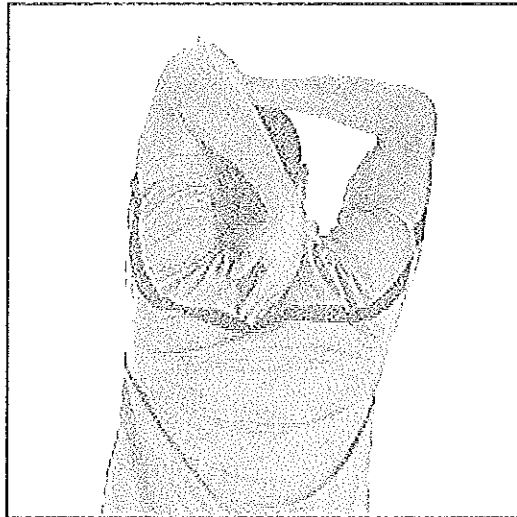
Stand with your knees bent. Cross your arms over and grab the back of your knees. Then start to raise upwards until you feel tension in your upper back and shoulders.



Stretch #B10

Assisted Triceps Stretch, is for the muscles of the Upper Arms

Stand with your hand behind your neck and your elbow pointing upwards. Then use your other hand to pull your elbow down.



Stretch #B05

Bent Arm Chest Stretch, is for the muscles of the Chest

Stand with your arm extended and your forearm at right angles to the ground. Rest your forearm against an immovable object and then turn your shoulders and body away from your extended arm.

