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AXILLARY WEB SYNDROME/ CORDING EXERCISES

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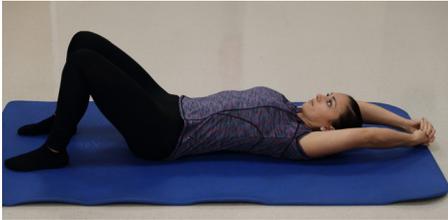


1. Supine hands behind head



Lie on your back with your hands behind your head. Open your chest by separating your elbows apart and gently down. Hold for 5 seconds. Then squeeze your elbows in together. Hold 5 seconds. Repeat 10 x 1 set 2 x/day.

2. Supine hands overhead



Lie on your back with your hands interlaced. Elongate your torso and straighten your elbows while you stretch your arms overhead. Hold for 5 seconds then lower your arms. Repeat 10 x 1 set 2 x/day.

3. Supine hands overhead with lower trunk rotation



Lie on your back with your hands interlaced. Elongate your torso and straighten your elbows while you stretch your arms overhead. Keep your arms overhead while you rotate your legs to the ___L___R side. Hold for 5 seconds then ___ rotate to the other direction, or ___repeat to the same side. Be sure to keep your knees together. Repeat 10 x 1 set 2 x/day.

4. Hands and knees sit backs



Position yourself in hands and knees. Slowly sit back on your heels while reaching your arms forwards. Hold 5 seconds. Repeat 10 x 1 set 2 x/day.

5. Seated ball pushes forwards



Sit on a stable surface with both hands “stuck” on an exercise ball. Keep your chest up as you push the ball forwards. Hold 5 seconds. Repeat 10 x 1 set 2 x/day. ___Add a deep breath at the end.

6. Supine hands behind head with lower trunk rotation or sidelying ½ chicken wings



Supine: Lie on your back with your knees bent up and your hands behind your head. Keeping your knees together, rotate your legs to the ___L___R side. Hold 5 seconds. ___Add a deep breath. Repeat 10x1 set 2x/day. Sidelying: Lie on your ___L___R side with your top arm behind your head. Keeping your knees together, rotate your torso and chest backwards, opening your top arm and try to touch the mat with your elbow. Hold 5 seconds. ___Add a deep breath. Repeat 10 x 1 set 2 x/day.

7. Chest opening leaning on a ball on the wall progression (Part I & II)



Put an exercise ball in the small of your back so you can lean on it safely. ___With arms at your side lift your breastbone away from your belly button. ___With arms crossed lift your belly breastbone away from your belly button. Hold 5 seconds. Repeat 10 x 1 set 2 x/day.

8. Chest opening leaning on a ball on the wall progression (Part III & IV)



___With your hands behind your head and elbows facing front, lift your breastbone away from your belly button. ___With your hands behind your head and elbows back, lift your belly breastbone away from your belly button. Hold 5 seconds. Repeat 10 x 1 set 2 x/day.

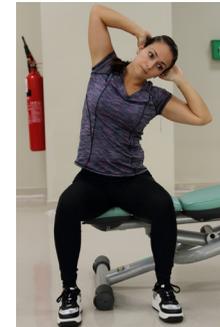
Thoracic Spine and Rib Stretching

1. Seated chicken wing twist



Sit with your hands behind your head. Keep your elbows back as you rotate to the ___L___R side(s). Hold 5 seconds. Repeat 10 x 1 set 2 x/day. ___Add a deep breath at the end.

2. Seated chicken wing sidebends



Sit with your hands behind your head. Keep your elbows back as you bend to the ___L___R side(s). Ensure you “lift” your elbow. Hold 5 seconds. Repeat 10 x 1 set 2 x/day. ___Add a deep breath at the end.

3. Seated ball push to side



Sit on a stable surface with ___ L___ R ___B hand(s) “stuck” on an exercise ball. Keep your chest up as you push the ball to the ___L___R side(s). Hold 5 seconds. Repeat 10 x 1 set 2 x/day. ___Add a deep breath at the end.

4. Overhead "Moose" Stretch



Stand with your thumbs interlaced and resting on your head. Pull your belly button to your spine then straighten your arms overhead, squeezing your upper arms towards your head. Hold 5 seconds. Repeat 10 x 1 set 2 x/day.

5. Feldenkrais

Reach



Lie on your ___L___R side with your arms out straight and your top hand resting on the bottom hand. Reach forward with your top hand, sliding it on the bottom, then return it to the starting position. ___Do only this portion of the exercise. Repeat 10 x 1 set 2 x/day. ___Continue to the "roll" portion of the exercise.

and Roll



Keeping your knees together, rotate your top arm backwards, parallel to the floor, while keeping your spine and chest open. The goal is the top arm being parallel with the bottom. Hold 5 seconds. Repeat 10 x 1 set 2 x/day.

6. Sidelying Windmills



Lie on your side with the involved arm closest to the ceiling. Bend your knees and keep them together throughout the exercise. Slowly rotate your top arm backwards like a windmill, keeping your elbow straight and try to touch the bed with your top arm as you make your circle. Be sure you move your torso and twist from the waist as you open your chest. Repeat 10 x 1 set 2 x/day.

Self-Tissue Stretching



Lie on your back with your involved hand behind your head. Gently stretch your breast/armpit skin towards the opposite hip. Lower your elbow towards the bed. Hold 5 seconds, then release the stretch on your skin and return your arm to the start position. Repeat 10 x 1 x/day.



Lie on your back with your involved hand facing the ceiling. Gently stretch your breast/armpit skin towards the same side hip. Raise your arm overhead while you keep stretching your skin. Hold 5 seconds, then release the stretch on your skin and return your arm to the start position. Repeat 10 x 2 x/day. ___Stretch your arm a little more out to the side.



Lie on your back with your involved hand facing the ceiling. Gently stretch your breast/armpit skin towards the opposite shoulder. Stretch your arm out to the side while you keep stretching your skin. Hold 5 seconds, then release the stretch on your skin and return your arm to the start position. Repeat 10 x 2 x/day.