

SWIMMER PROGRESSION

SWIMMER

Treatment of right mid-back & between shoulder blades & hips

- Adjust this position as needed to obtain optimal comfort
- Lying on your stomach with head turned to the left
- place left arm along your side or behind back (like you are tucking in your shirt)-whatever feels the best & place a pillow/ towel roll under left shoulder
- Place right arm up alongside of your ear or head. You can put right hand under forehead if it feels better.
- Legs apart with feet hanging over bottom of bed
- Rest in this position for 2-minutes minimal - up to 10-minutes is okay - breathing & relaxing all muscles throughout the body
- 2x daily preferably in morning & evening while in bed
- Perform on both sides for optimal healing & muscle relaxation & balance



THE CONFUSED SWIMMER

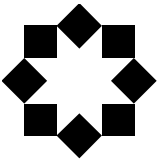
Treatment of the mid to lower back & shoulder blade & hips

- Adjust this position as needed to obtain optimal comfort
- Lying on your stomach with head turned to the left
- Place pillow or towel roll under left shoulder and chest
- Place left arm up alongside of your ear or head and reach to stretch arm away from shoulder blade (you can put left hand under forehead if it feels better).
- Place right arm along your side or behind back (like you are tucking in your shirt)-whatever feels the best
- Legs apart with feet hanging over bottom of bed
- Rest in this position for 2-minutes minimal - up to 10-minutes is okay - breathing & relaxing all muscles throughout the body



NECK TREATMENT

- Can place pillow under forehead to increase cervical extension with the positions listed above in Swimmer & Confused Swimmer positions.



BOTH ARMS OVER THE PILLOW

Treatment of neck & upper back

- Lying on stomach
- Place pillow or towel roll under chest to create extension in the upper to middle back
- Raise arms up over the pillow
- Turn head to the right and rest for 2-minutes
- Slowly lift head with hands and turn head to left and rest for 2-minutes
- Breath and relax all muscles of body

