

iROLL Exercise Cheat Sheet

Warm-Up

Starting Position:



Ending Position:

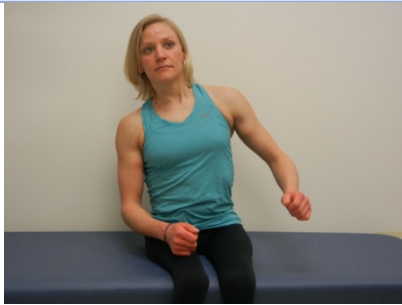


Instruction:

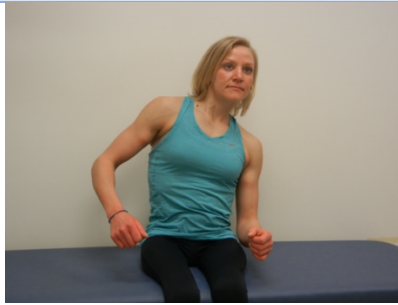
Round and Arch Spine: Round your shoulders forward and then arch your back. Each time you arch your back counts as one repetition. Start with a small movement and then try to go through a greater range of motion as your muscles warm up.

Lateral Spinal Flexion

Starting Position:



Ending Position:



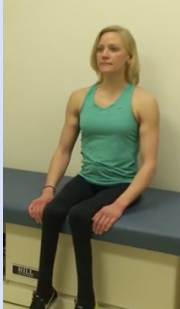
Instruction

While you are sitting, bend your body to the right side, pause, then to the left. Each time you bend to the left counts as one repetition.

Note: Please see Exercise Summary Sheet for modified positioning.

Lean Backs

Starting Position:



Ending Position:



Instruction:

Lean your body as far back as possible. Hold this position for approximately five seconds, and then return to an upright seated position. Try not to use your hands to support your body.

Scapular Retraction

Starting Position:



Ending Position:



Instruction:

Lie on your back while holding a hand weight. If you don't have weights, you can use water bottles. Keeping your elbow straight, push your hand up towards the ceiling, hold, and return to starting position. Perform this exercise one arm at a time.

Note: Please see Exercise Summary Sheet for modified positioning.

Scapular Protraction

Starting Position:



Ending Position:



Instruction:

Lie on your back while holding a hand weight. If you don't have weights, you can use water bottles. Keeping your elbow straight, push your hand up towards the ceiling, hold, and return to starting position. Perform this exercise one arm at a time.

Note: Please see Exercise Summary Sheet for modified positioning.

Forward/Lateral Reach

Reaching Forward:



Reach Left/Reach Right:



(Left)



(Right)

Instruction:

Reach forward, then reach to the right, and then reach to the left (in a clockwise motion). Each time you reach forward counts as one repetition.

Scooting

Scoot Right/Scoot Backward:

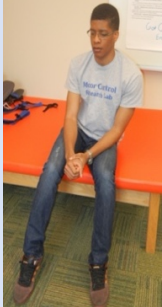


(Right)



(Backward)

Scoot Left/Scoot Forward:



(Left)



(Forward)

Instruction:

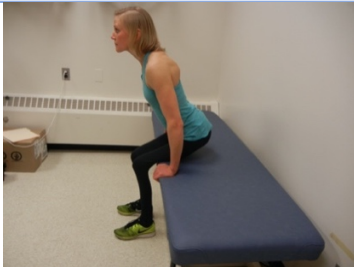
Use your abdominal and hip muscles to scoot your bottom to the right two inches, backwards two inches, to the left two inches, and forward two inches. Please-try not to use your hands unless absolutely necessary. You will end in the same position you started. Each time you scoot forward counts as one repetition.

Press Up

Starting Position:



Ending Position:



Instruction:

With your hands on a firm surface, push yourself up using your arms and shoulders and hold for a few seconds. Slowly lower your body back into the seated position.

Shoulder Press

Starting Position:



Ending Position:



Instruction:

Bend your elbows and raise your arms to a 90 degree position. Grasp the weights so your palms are facing forward with your hands slightly wider than your shoulders. Slowly straighten your elbows and raise the weights above you. Then, slowly lower the weights back down to starting position.

Shoulder Flexion & Abduction

Flexion:



Abduction:



Instruction:

Raise your arms in front of you at shoulder level and slowly lower your arms back down to starting position. Then, raise your arms out from your sides to shoulder level and lower your arms.

Note: Please see Exercise Summary Sheet for modified positioning.

Scapular Protraction

Starting Position



Ending Position



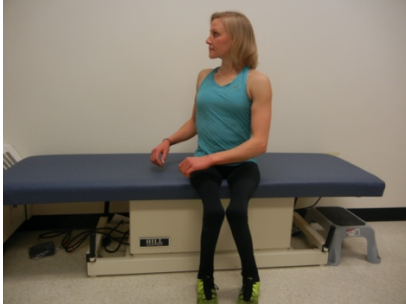
Instructions

Lie on your back while holding a hand weight. If you don't have weights, you can use water bottles. Keeping your elbow straight, push your hand up towards the ceiling, hold, and return to starting position. Perform this exercise one arm at a time.

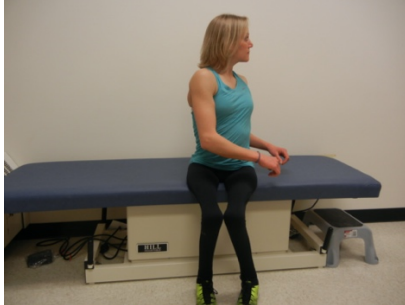
Note: Please see Exercise Summary Sheet for modified positioning.

Rotational Twist (lower back stretch):

Right:



Left:

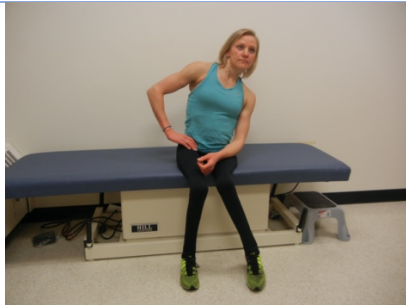


Instruction:

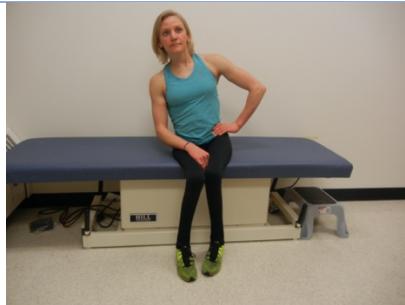
Gently twist your upper body to the right and hold for 20 to 30 seconds, then twist to the left and hold for 20 to 30 seconds

Side Stretch

Right:



Left:



Instruction:

Gently lean to your right side and hold that position for 20 to 30 seconds. Repeat on the left side.