

**NK6100:** Neck Myofascial Release for Patient, FHC

Exercise 1 of 12

**Category** Myofascial Release      **Muscle(s)** longissimus cervicis, erector spinae  
**Body Part** Neck      **Purpose** Deep tissue massage to correct muscular imbalances.  
**Rehab Level** Beginner      **Benefit** Improved flexibility, decreased muscle tension, and pain relief.  
**Equipment** Mobility Ball



**Starting Position**

Begin lying on back with mobility or yoga ball under one side of the neck.

**Movement**

Slowly rotate the head to the left and right for a couple of minutes or prescribed number of repetitions before switching sides.

**Instructions/Calendar:** Continue as Needed

**Sets** 1    **Time** 60sec    **Freq** 3x/week    **Comments**  
**Reps** 3    **Rest** 30

**IF YOU EXPERIENCE AN EXACERBATION OR HAVE A CHANGE IN MEDICAL CONDITION, YOU SHOULD PROMPTLY SEEK APPROPRIATE MEDICAL ADVICE.**

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**NK6102:** Neck Roller Myofascial Release for Patient, FHC

Exercise 2 of 12

**Category** Myofascial Release      **Muscle(s)** longissimus cervicis, erector spinae  
**Body Part** Neck      **Purpose** Deep tissue massage to correct muscular imbalances.  
**Rehab Level** Beginner      **Benefit** Improved flexibility, decreased muscle tension, and pain relief.  
**Equipment** Foam Roll, RockTape



**Starting Position**

Scan the muscle to locate a tight/tender area.

**Movement**

Release tightness by rolling then holding over the target. Move through comfortable range of motion.

**Instructions/Calendar:** Continue As Needed

**Sets** 1    **Time** 60sec    **Freq** 3x/week    **Comments**  
**Reps** 3    **Rest** 30

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**MB6138: Upper Back Mobility Ball Myofascial Release for Patient, FHC**

Exercise 3 of 12

<b>Category</b> Myofascial Release	<b>Muscle(s)</b> trapezius upper, trapezius middle, trapezius lower, erector spinae, rhomboid major, rhomboid minor
<b>Body Part</b> Mid Back	<b>Purpose</b> Deep tissue massage to correct muscular imbalances.
<b>Rehab Level</b> Beginner	<b>Benefit</b> Improved flexibility, decreased muscle tension, and pain relief.
<b>Equipment</b> Mobility Ball	



**Starting Position**

Lay on back with feet flat on the floor. Place two mobility or yoga balls on either side of the spine in the upper back.

**Movement**

Place hands behind head and lift hips off the ground and move body up and down. Then place arms across chest and move as desired to have balls contact areas of tightness.

**Instructions/Calendar:** Continue as Needed

**Sets** 1    **Time** 60sec    **Freq** 3x/week    **Comments**  
**Reps** 3    **Rest** 30

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**MB6160: Mid Back Mobility Ball Myofascial Release for Patient, FHC**

Exercise 4 of 12

**Category** Myofascial Release      **Muscle(s)** infraspinatus, teres major, teres minor  
**Body Part** Mid Back      **Purpose** Deep tissue massage to correct muscular imbalances.  
**Rehab Level** Beginner      **Benefit** Improved flexibility, decreased muscle tension, and pain relief.  
**Equipment** Mobility Ball, RockTape



**Starting Position**

Scan the muscle to locate a tight/tender area.

**Movement**

Release tightness by rolling then holding over the target. Move through comfortable range of motion.

**Instructions/Calendar:** Continue as Needed

**Sets** 1    **Time** 60sec    **Freq** 3x/week    **Comments**  
**Reps** 3    **Rest** 30

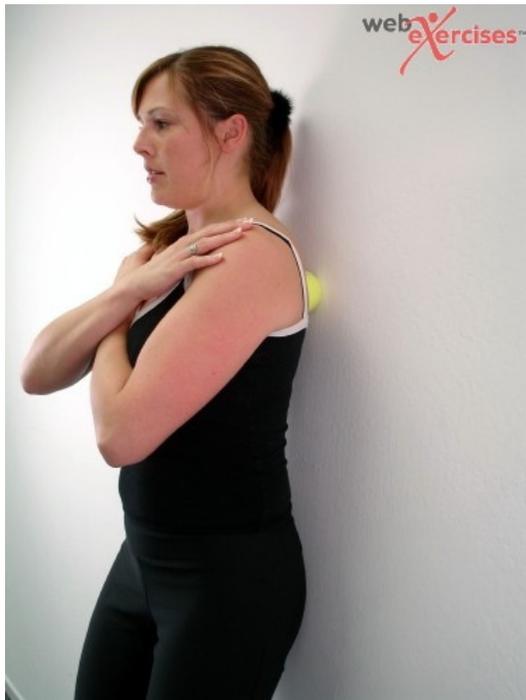
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**MB6136: Rhomboids Mobility Ball Myofascial Release for Patient, FHC**

Exercise 5 of 12

**Category** Myofascial Release      **Muscle(s)** trapezius middle, trapezius upper, rhomboid minor, rhomboid major, erector spinae, Upper Back  
**Body Part** Mid Back  
**Rehab Level** Beginner      **Purpose** Deep tissue massage to correct muscular imbalances.  
**Equipment** Mobility Ball      **Benefit** Improved flexibility, decreased muscle tension, and pain relief.



**Starting Position**

Begin standing against wall. Place mobility ball on midback next to spine and trap against wall. Cross arms placing hands on shoulders.

**Movement**

Slowly sliding body up and down wall allowing mobility ball to roll along upper back as tolerated, for a duration of 1 to 2 minutes. Maintain consistent pressure with ball. If a painful area is found, stop rolling and REST on the area for 10 seconds as tolerated, then continue. Rest and repeat for prescribed repetitions and sets. Alternate sides as directed.

**Instructions/Calendar:** Continue as Needed

**Sets** 1    **Time** 60sec    **Freq** 3x/week    **Comments**  
**Reps** 3    **Rest** 30

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**MB6120: Posterior Shoulder Foam Roll Myofascial Release for Patient, FHC**

Exercise 6 of 12

**Category** Myofascial Release  
**Body Part** Mid Back  
**Rehab Level** Beginner  
**Equipment** Foam Roll

**Muscle(s)** teres minor, teres major, infraspinatus, Upper Back  
**Purpose** Deep tissue massage to correct muscular imbalances.  
**Benefit** Improved flexibility, decreased muscle tension, and pain relief.



**Starting Position**

Begin sitting on floor with knees bent and feet flat on floor. Place foam roll perpendicular to spine so that it is across mid back. Cross arms in front with hands on shoulders.

**Movement**

Lift hips off floor. Rotate shoulders toward one side. Slowly move foam roll up and down along outer back for a duration of 1 to 2 minutes. Maintain consistent pressure with foam roll. If a painful area is found, stop rolling and REST on the area for 10 seconds as tolerated, then continue. Rest and repeat for prescribed repetitions and sets. Alternate sides as directed.

**Instructions/Calendar:** Continue as Needed

**Sets** 1    **Time** 60sec    **Freq** 3x/week    **Comments**  
**Reps** 3    **Rest** 30

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**MB6118: Mid Back Foam Roll Myofascial Release for Patient, FHC**

Exercise 7 of 12

**Category** Myofascial Release      **Muscle(s)** trapezius middle, trapezius lower, rhomboid major, Upper Back  
**Body Part** Mid Back                      **Purpose** Deep tissue massage to correct muscular imbalances.  
**Rehab Level** Beginner                      **Benefit** Improved flexibility, decreased muscle tension, and pain relief.  
**Equipment** Foam Roll



**Starting Position**

Begin seated on floor. Lie back placing foam roll across upper back. Cross arms in front placing hands on shoulders.

**Movement**

Lift hips off floor. Slowly massage upper back, rolling up and down as tolerated, for a duration of 1 to 2 minutes. Maintain consistent pressure with foam roll. If a painful area is found, stop rolling and REST on the area for 10 seconds as tolerated, then continue. Rest and repeat for prescribed repetitions and sets. Alternate sides as directed.

**Instructions/Calendar:** Continue as Needed

**Sets** 1    **Time** 60sec    **Freq** 3x/week    **Comments**  
**Reps** 3    **Rest** 30

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**MB6117: Lower Thoracic Myofascial Release for Patient, FHC**

Exercise 8 of 12

**Category** Myofascial Release  
**Body Part** Mid Back  
**Rehab Level** Beginner  
**Equipment** Foam Roll

**Muscle(s)** trapezius lower, oblique internal/external, serratus anterior  
**Purpose** Deep tissue massage to correct muscular imbalances.  
**Benefit** Improved flexibility, decreased muscle tension, and pain relief.



**Starting Position**

Begin seated on floor. Lie back, placing foam roll under and across mid back. Cross arms in front placing hands on outside of shoulders.

**Movement**

Slightly angle body to one side so that foam roll contacts back lateral of the spine. Gently massage upper back, rolling up and down, as tolerated, for a duration of 1 to 2 minutes. Maintain consistent pressure with foam roll. If a painful area is found, stop rolling and REST on the area for 10 seconds as tolerated, then continue. Rest and repeat as instructed on opposite side.

**Instructions/Calendar:** Continue as Needed

**Sets** 1    **Time** 60sec    **Freq** 3x/week    **Comments**  
**Reps** 3    **Rest** 30

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**MB6116: Latissimus Foam Roll Myofascial Release for Patient, FHC**

Exercise 9 of 12

**Category** Myofascial Release  
**Body Part** Mid Back  
**Rehab Level** Beginner  
**Equipment** Foam Roll

**Muscle(s)** latissimus dorsi, Upper Back  
**Purpose** Deep tissue massage to correct muscular imbalances.  
**Benefit** Improved flexibility, decreased muscle tension, and pain relief.



**Starting Position**

Begin lying on side. Place foam roll below axilla (under arm). Arm should be straight above head. Opposite arm is supporting body weight to control pressure.

**Movement**

Gently move foam roll throughout latissimus muscle (back muscle), as tolerated, for 1 to 2 minutes. Maintain consistent pressure with foam roll. If a painful area is found, stop rolling and REST on the area for 10 seconds as tolerated, then continue. Rest and repeat for prescribed repetitions and sets. Alternate sides as directed.

**Instructions/Calendar:** Continue as Needed

**Sets** 1    **Time** 60sec    **Freq** 3x/week    **Comments**  
**Reps** 3    **Rest** 30

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**LB6102:** Low Back Mobility Ball Myofascial Release for Patient, FHC

Exercise 10 of 12

**Category** Myofascial Release      **Muscle(s)** erector spinae, Low Back  
**Body Part** Low Back                      **Purpose** Deep tissue massage to correct muscular imbalances.  
**Rehab Level** Beginner                      **Benefit** Improved flexibility, decreased muscle tension, and pain relief.  
**Equipment** Mobility Ball



**Starting Position**

Begin standing against wall. Place mobility ball on low back next to spine and trap against wall. Cross arms placing hands on shoulders.

**Movement**

Slowly sliding body up and down wall allowing mobility ball to roll along lower back as tolerated, for a duration of 1 to 2 minutes. Maintain consistent pressure with ball. If a painful area is found, stop rolling and REST on the area for 10 seconds as tolerated, then continue. Rest and repeat for prescribed repetitions and sets. Alternate sides as directed.

**Instructions/Calendar:** Continue as Needed

**Sets** 1    **Time** 60sec    **Freq** 3x/week    **Comments**  
**Reps** 3    **Rest** 30

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**LB6106:** 90/90 Low Back Myofascial Release for Patient, FHC

Exercise 11 of 12

**Category** Myofascial Release      **Muscle(s)** multifidus, hip lateral rotators, erector spinae  
**Body Part** Low Back                      **Purpose** Deep tissue massage to correct muscular imbalances.  
**Rehab Level** Beginner                      **Benefit** Improved flexibility, decreased muscle tension, and pain relief.  
**Equipment** Mobility Ball



**Starting Position**

Begin lying face up with heels propped up on seat of a sturdy chair without wheels with hips and knees flexed to 90 degrees.

**Movement**

Place yoga or tennis balls symmetrically placed equidistant from the lumbar spine. Roll side to side allowing balls to roll back and forth on low back. Repeat prescribed amount of times.

**Instructions/Calendar:** Continue as Needed

**Sets** 1    **Time** 60sec    **Freq** 3x/week    **Comments**  
**Reps** 3    **Rest** 30

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**LB6104:** Low Back Mobility Ball Myofascial Release for Patient, FHC

Exercise 12 of 12

**Category** Myofascial Release  
**Body Part** Low Back  
**Rehab Level** Intermediate  
**Equipment** Mobility Ball

**Muscle(s)** erector spinae  
**Purpose** Deep tissue massage to correct muscular imbalances.  
**Benefit** Improved flexibility, decreased muscle tension, and pain relief.



**Starting Position**

Lay on back with feet flat on the floor. Place two mobility or yoga balls on either side of the spine in the low back.

**Movement**

Bring both knees to chest and lower and raise knees as desired to have the balls contact areas of tightness.

**Instructions/Calendar:** Continue as Needed

**Sets** 1    **Time** 60sec    **Freq** 3x/week    **Comments**  
**Reps** 3    **Rest** 30

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