

Upper Extremity Exercises

Comprehensive care for:

- Spine, back & neck pain
- Shoulder, arm, wrist & hand pain
- Leg, hip, knee, ankle & foot pain
- Carpal tunnel syndrome
- Sports & work injuries
- Postsurgical rehabilitation
- Total joint reconstruction rehab
- Arthritis, bursitis & tendonitis
- Complete fracture & sprain care

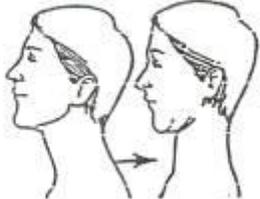
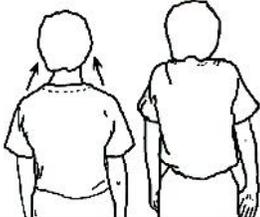
For your convenience:

- Early morning, lunchtime & evening appointments
- Saturdays by appointment
- Most insurance accepted & filed
- Timely patient progress reports
- Thorough patient education
- Massage therapy onsite
- Complete fitness facilities onsite
- Aquatic therapy onsite at Upper Perk location

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<p>Chin Tuck Either sitting or standing up straight, keep your eyes level. Pull chin in back towards neck. Hold for 5 sec, 15x</p>	
<p>Upper Trap Stretch Lightly pull side of head until stretch is felt on that side. Hold for 15 sec, 5x each side</p>	
<p>Shoulder Shrugs Shrug Shoulders up towards ears and then relax. Hold for 5 sec, 15x</p>	
<p>Posterior Deltoid Stretch Pull arm across chest holding tightly until a stretch is felt in the back of the shoulder Hold for 15 sec, 5x each side</p>	
<p>Doorway Stretch/Pec Stretch Stand in a doorway or corner of two walls with elbows bent and arm elevated. Lean forward to stretch Pec muscles. Hold for 15 sec, repeat 5x</p>	
<p>Neck Rotation Keeping eyes level, rotate chin towards shoulder moving head horizontally. Do not let chin come down to shoulder. Repeat to other side Hold for 10 sec, 5x each side</p>	<p style="text-align: center;">Rotation</p> 