












# MedBridge HEP Exercises

Mitchell Voss, MS, MBA, OTR, CIEE

Seated Cervical Sidebending Stretch	Seated Cervical Extension AROM	Seated Neck Flexion Mobilization	Seated Mid Back Stretch
			
<p><b>Setup</b> Begin sitting in an upright position.</p> <p><b>Movement</b> Use one hand to tilt your head sideways, pulling your ear toward one shoulder until you feel a stretch in the opposite side of your neck, and hold.</p>	<p><b>Setup</b> Begin sitting in an upright position.</p> <p><b>Movement</b> Tip your head backward, looking up toward the ceiling, then return to the starting position and repeat.</p>	<p><b>Setup</b> Begin sitting upright. Turn your head to your side.</p> <p><b>Movement</b> Keeping your head turned, slowly nod your head, looking down toward your shoulder. Return to the starting position and repeat.</p>	<p><b>Setup</b> Begin sitting upright in a chair.</p> <p><b>Movement</b> Straighten your arms out in front of you with your elbows straight and fingers interlocked, then slouch your upper back, tuck your head, and pull your arms forward. You should feel a stretch in your mid back.</p>

Seated Trunk Rotation - Arms Crossed	Seated Thoracic Lumbar Extension	Seated Lumbar Flexion Stretch
		
<p><b>Setup</b> Begin sitting upright in a chair with your arms crossed over your chest.</p> <p><b>Movement</b> Slowly rotate your trunk to one side, then return and repeat the rotation on your other side.</p>	<p><b>Setup</b> Begin in a sitting upright position with your arms crossed over your chest.</p> <p><b>Movement</b> Slowly arch your trunk backwards and hold, then return to an upright position and repeat.</p>	<p><b>Setup</b> Begin sitting in a chair with your knees spread apart.</p> <p><b>Movement</b> Bend forward, letting your arms hang toward the ground until you feel a stretch in your lower back.</p>

Seated Hip External Rotation Stretch	Seated Hamstring Stretch	Seated Wrist Flexion Stretch	Seated Wrist Extension Stretch
			
<p><b>Setup</b> Begin sitting upright in a chair. Cross one leg over the other so that your ankle is resting on top of your opposite thigh.</p> <p><b>Movement</b> Gently press downward on your bent knee. You should feel a stretch through the back of your hip and buttocks of your bent leg.</p>	<p><b>Setup</b> Begin sitting upright with your hands on your hips and one leg straight in front of you on the floor.</p> <p><b>Movement</b> Slowly bend your trunk forward until you feel a stretch in the back of your thigh and hold.</p>	<p><b>Setup</b> Begin sitting upright in a chair.</p> <p><b>Movement</b> Lift your arm straight in front of you with your palm facing down, then gently press the back of your hand down and toward your arm. Hold this position. You should feel a stretch on the top of your forearm.</p>	<p><b>Setup</b> Begin sitting upright in a chair.</p> <p><b>Movement</b> Lift your arm straight in front of you with your palm up, then gently press your palm down and back toward your arm. Hold this position. You should feel a stretch on the bottom of your forearm.</p>