



Video Transcript: Muscular imbalance test for Neck, Shoulder, and Wrist for TFCC recovery

Video can be found here: <http://bit.ly/ww-stretches>

The purpose of this sequence of stretching is to help patients understand if there is a muscular imbalance.

Begin by aligning and decompressing the spine. Forward fold slowly. Focus on the breath to release the spine, low back and hamstrings. Take two deep breaths and roll up keeping your chin tucked.

Slowly move to a seated posture on the floor with your legs straight out in front of you. Fold forward reaching toward the toes, then slowly roll back till you're laying flat on the ground. Have your arms in a relaxed position at your sides, palms facing up. Keeping the spine long by slightly tucking the chin and slightly reaching with the legs.. then relax.

Phase 1

1.) We will begin the sequence by alternating the hands from pronation to supination position. Take notice of any tightness or sensations in the arms and shoulders.

2.) Start with your arms relaxed at your side, palms facing up in a supinated position. Holding this position raise your arms till stretched overhead. Be sure your keep contact with the floor for proper alignment. Pause at the top and reverse by dragging arms back to sides while keeping supination. Please take notice of any tightness, pain, or weakness in the arms or shoulders.

3.) Repeat again with palms facing down in a pronated position. Slowly raise arms along the floor to a comfortable height keeping the palms against the floor. This will be around or just above shoulder height. You may feel tightness here (touching around forearm, elbow, low bicep area.) or here (touching right where peck shoulder connect) or in the neck area. Please take note of any tightness, pain or weakness. In this position begin rotating the arms and palms from pronation to supination.

4.) Next elongate your neck to one side. Continue rotating the arms and palms while noting any increased tension on the nerves for about 10 seconds. Repeat with the neck in opposite

direction.

Phase 2:

Bend your right leg and allow the body to roll to left side. Repeat steps 2 and 3 in this position noting any areas of sensation. Repeat by bending your left leg and allowing body to roll to right side. Do not force this position, allow gravity to help determine how far you twist. Twisting with movements give extra stretch on the biceps. Please note sensation in this area.

Phase 3:

Lay on your side with body straight / neutral neck. Bend your top leg by raising the knee to about 90 degrees. Stretch the top arm back keeping the elbow locked. Here many feel a clicking sensation. Keeping the arm straight move the arm in full range of motion first with the palm facing up toward the ceiling in supination, than again in pronation with palm facing toward the floor. Note areas of tightness as well as any other sensation. Repeat laying on your other side.

Phase 4:

Repeat phase 3 with the neck extended back. Many will feel sensations when the arm is in this position (arm stretched back behind you just above 90 degrees.) This is a position where the Ulna nerve can start light up. Repeat on the other side.

Phase 5:

Keeping the same position of laying on your side with the neck slightly extended back. Top knee is still raised to 90 degrees. Bring the top arm behind your back with back of your hand touching your back.

Raise the arm slowly to overhead working to keep the palm facing forward in supinated, then repeat with the palm and arm in pronation.

If you can complete the progressions without any issue repeat and add a 1lb weight to each hand. If 1 lb can be completed without any issue you can graduate to 2lb weight.