The Chiropractic Doctors
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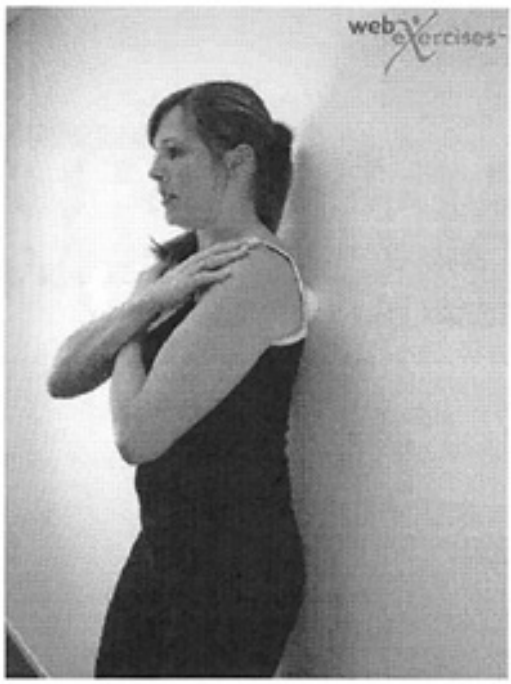
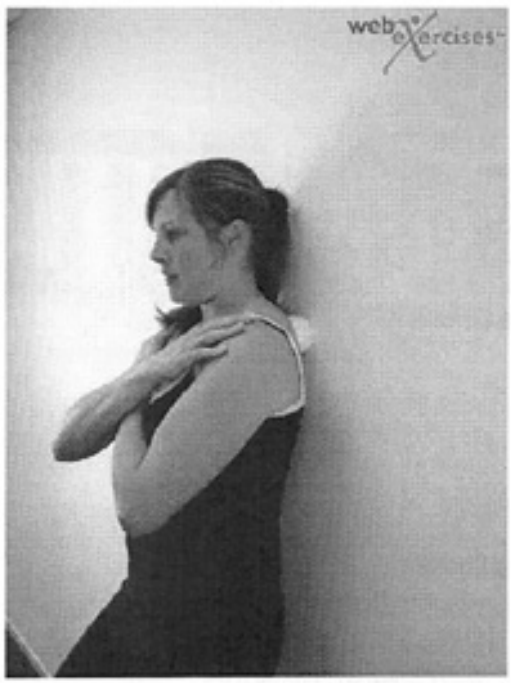
SH6136: Rhomboids Mobility Ball Myofascial Release for Professional, Grooming

Category Myofascial Release
Body Part Shoulder
Rehab Level Beginner
Equipment Mobility Ball

Muscle(s) trapezius middle, trapezius lower, rhomboid major, rhomboid minor, erector spinae, Shoulders
Purpose Deep tissue massage to correct muscular imbalances.
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: 06/06/2019 - 07/18/2019 (6 weeks)

Sets	1	**Time**	60sec	**Freq**	Daily	**Comments**
Reps	3	**Rest**	30			

Thu Jun 6	Fri Jun 7	Sat Jun 8	Sun Jun 9	Mon Jun 10	Tue Jun 11	Wed Jun 12	Thu Jun 13	Fri Jun 14	Sat Jun 15	Sun Jun 16	Mon Jun 17	Tue Jun 18	Wed Jun 19
Thu Jun 20	Fri Jun 21	Sat Jun 22	Sun Jun 23	Mon Jun 24	Tue Jun 25	Wed Jun 26	Thu Jun 27	Fri Jun 28	Sat Jun 29	Sun Jun 30	Mon Jul 1	Tue Jul 2	Wed Jul 3
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FA6100: Forearm Mobility Ball Myofascial Release for Professional, Grooming

Exercise 2 of 8

Category Myofascial Release
Body Part Forearm
Rehab Level Beginner
Equipment Mobility Ball, RockTape

Muscle(s) Forearms, flexor digitorum superficialis, flexor carpi radialis
Purpose Deep tissue massage to correct muscular imbalances.
Benefit Improved flexibility, decreased muscle tension, and pain relief.

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: 06/06/2019 - 07/18/2019 (6 weeks)

Sets 1 **Time** 60sec **Freq** Daily **Comments**
Reps 3 **Rest** 30

Thu Jun 6	Fri Jun 7	Sat Jun 8	Sun Jun 9	Mon Jun 10	Tue Jun 11	Wed Jun 12	Thu Jun 13	Fri Jun 14	Sat Jun 15	Sun Jun 16	Mon Jun 17	Tue Jun 18	Wed Jun 19
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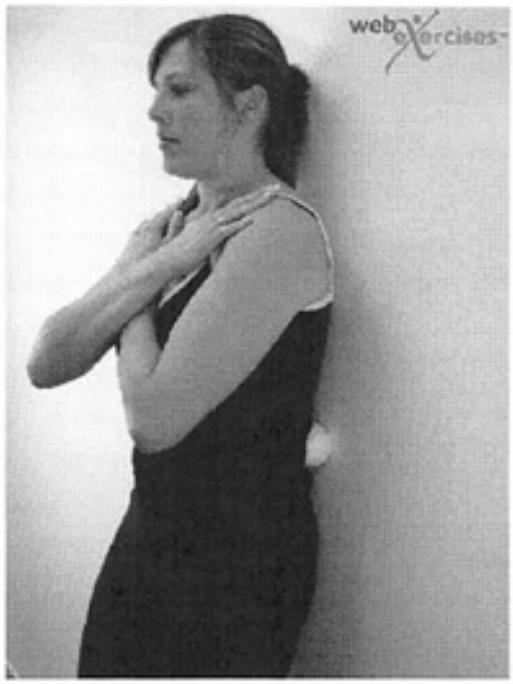
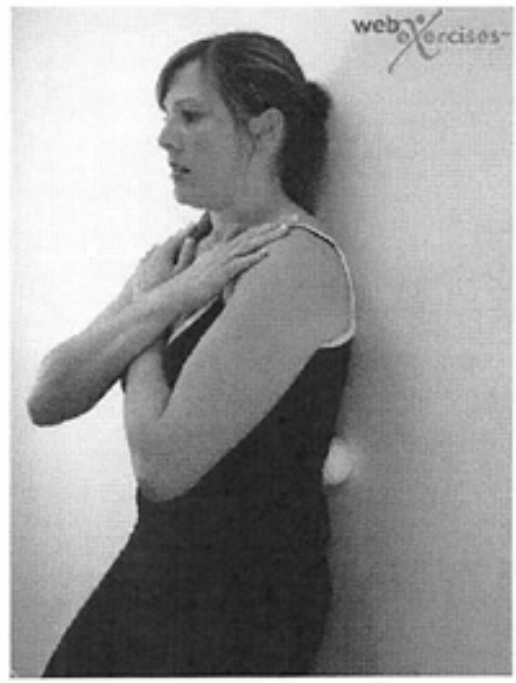
LB6102: Low Back Mobility Ball Myofascial Release for Professional, Grooming

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

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





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: 06/06/2019 - 07/18/2019 (6 weeks)

Sets	1	**Time**	60sec	**Freq**	Daily	**Comments**	
Reps	3	**Rest**	30				

Thu Jun 6	Fri Jun 7	Sat Jun 8	Sun Jun 9	Mon Jun 10	Tue Jun 11	Wed Jun 12	Thu Jun 13	Fri Jun 14	Sat Jun 15	Sun Jun 16	Mon Jun 17	Tue Jun 18	Wed Jun 19
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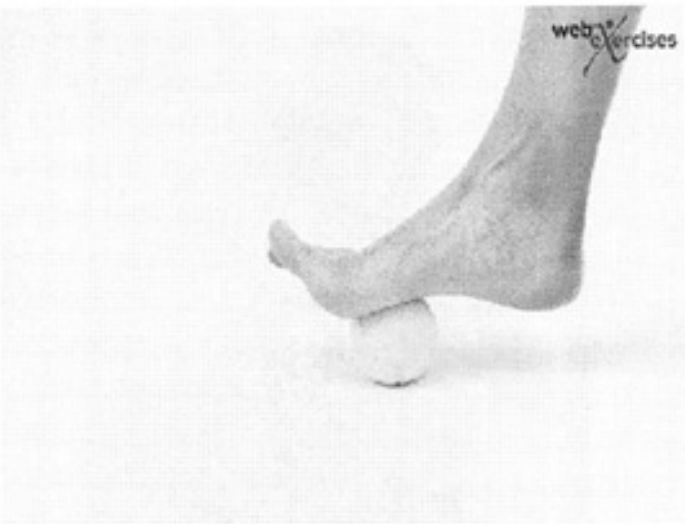
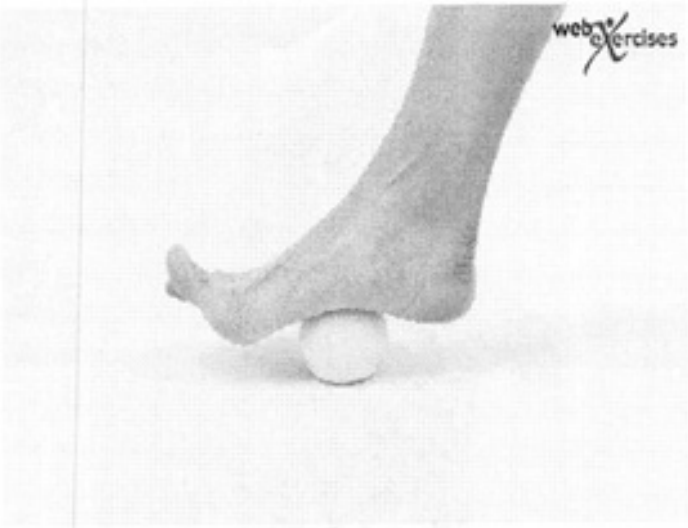
FT6104: Plantar Fascia Mobility Ball Myofascial Release for Professional, Grooming

Category Myofascial Release
Body Part Foot
Rehab Level Beginner
Equipment Mobility Ball

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





Starting Position

Begin standing with sock on or barefoot. Place mobility ball underneath foot on arch.

Movement

Slowly roll back and forth, massaging plantar surface of foot 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: 06/06/2019 - 07/18/2019 (6 weeks)

Sets	1	**Time**	60sec	**Freq**	Daily
Reps	3	**Rest**	30		

Comments

Thu Jun 6	Fri Jun 7	Sat Jun 8	Sun Jun 9	Mon Jun 10	Tue Jun 11	Wed Jun 12	Thu Jun 13	Fri Jun 14	Sat Jun 15	Sun Jun 16	Mon Jun 17	Tue Jun 18	Wed Jun 19
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HP6208: Glute Medius Mobility Ball Myofascial Release for Professional, Grooming

Exercise 5 of 8

Category Myofascial Release
Body Part Hip
Rehab Level Beginner
Equipment Mobility Ball, RockTape

Muscle(s) gluteus medius/minimus
Purpose Deep tissue massage to correct muscular imbalances.
Benefit Improved flexibility, decreased muscle tension, and pain relief.

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: 06/06/2019 - 07/18/2019 (6 weeks)

Sets 1 **Time** 60sec **Freq** Daily **Comments**
Reps 3 **Rest** 30

Thu Jun 6	Fri Jun 7	Sat Jun 8	Sun Jun 9	Mon Jun 10	Tue Jun 11	Wed Jun 12	Thu Jun 13	Fri Jun 14	Sat Jun 15	Sun Jun 16	Mon Jun 17	Tue Jun 18	Wed Jun 19
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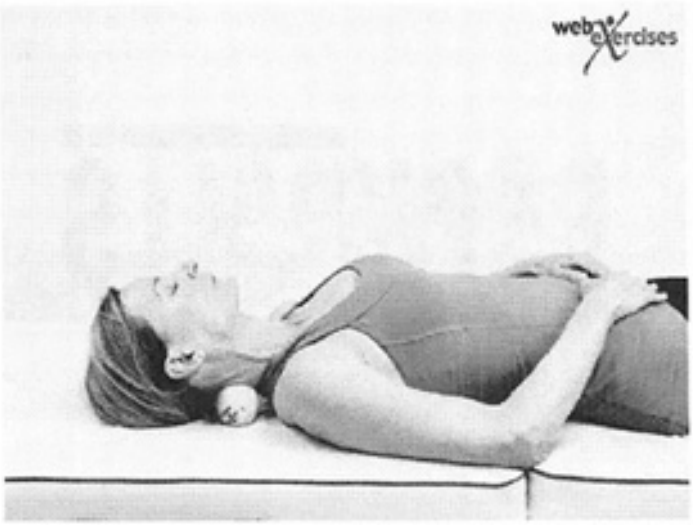
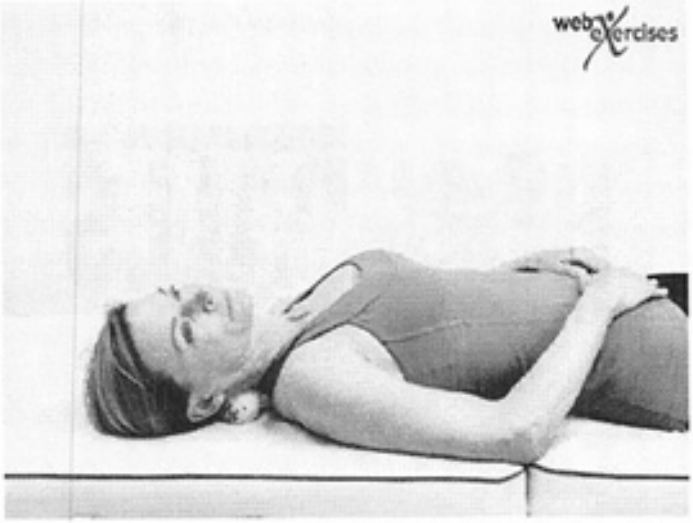
NK6100: Neck Myofascial Release for Professional, Grooming

Exercise 6 of 8

Category Myofascial Release
Body Part Neck
Rehab Level Beginner
Equipment Mobility Ball

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





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: 06/06/2019 - 07/18/2019 (6 weeks)

Sets	1	**Time**	60sec	**Freq**	Daily
Reps	3	**Rest**	30	**Comments**	

Thu Jun 6	Fri Jun 7	Sat Jun 8	Sun Jun 9	Mon Jun 10	Tue Jun 11	Wed Jun 12	Thu Jun 13	Fri Jun 14	Sat Jun 15	Sun Jun 16	Mon Jun 17	Tue Jun 18	Wed Jun 19
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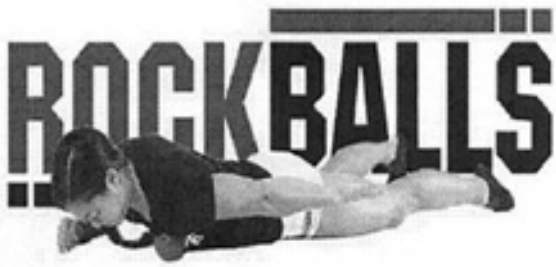
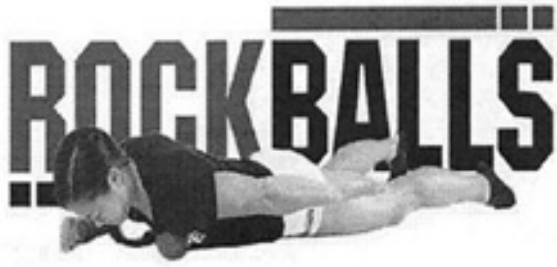
SH6216: Pec Mobility Ball Myofascial Release Prone for Professional, Grooming

Exercise 7 of 8

Category Myofascial Release
Body Part Shoulder
Rehab Level Beginner
Equipment Mobility Ball, RockTape

Muscle(s) pec major - clavical head
Purpose Deep tissue massage to correct muscular imbalances.
Benefit Improved flexibility, decreased muscle tension, and pain relief.





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: 06/06/2019 - 07/18/2019 (6 weeks)

Sets 1 **Time** 60sec **Freq** Daily **Comments**
Reps 3 **Rest** 30

Thu Jun 6	Fri Jun 7	Sat Jun 8	Sun Jun 9	Mon Jun 10	Tue Jun 11	Wed Jun 12	Thu Jun 13	Fri Jun 14	Sat Jun 15	Sun Jun 16	Mon Jun 17	Tue Jun 18	Wed Jun 19
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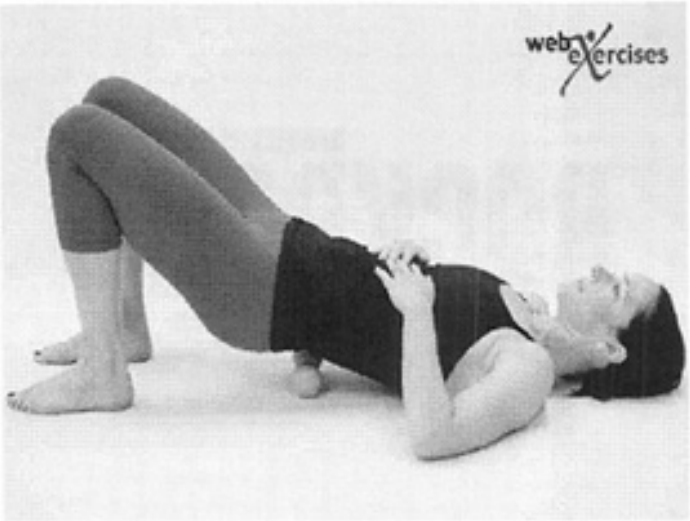
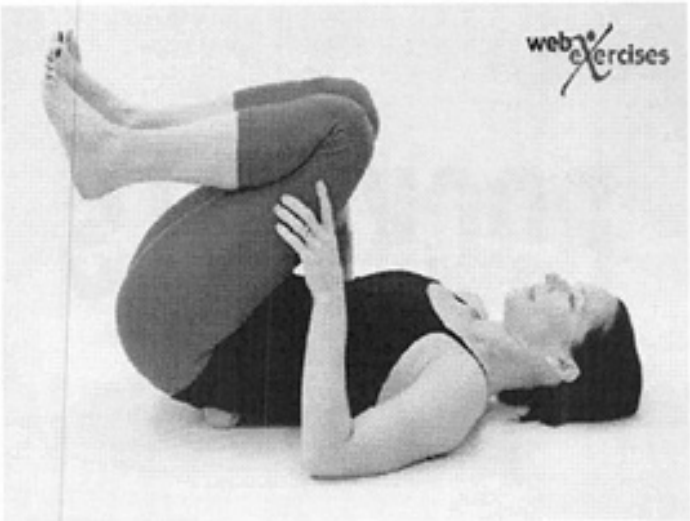
LB6104: Low Back Mobility Ball Myofascial Release for Professional, Grooming

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: 06/06/2019 - 07/18/2019 (6 weeks)

Sets 1 **Time** 60sec **Freq** Daily **Comments**
Reps 3 **Rest** 30

Thu Jun 6	Fri Jun 7	Sat Jun 8	Sun Jun 9	Mon Jun 10	Tue Jun 11	Wed Jun 12	Thu Jun 13	Fri Jun 14	Sat Jun 15	Sun Jun 16	Mon Jun 17	Tue Jun 18	Wed Jun 19
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