

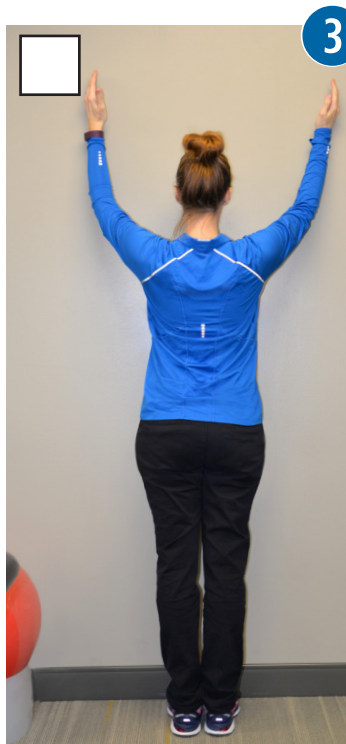
### Exercises: Chiari Malformation — weeks 1-2



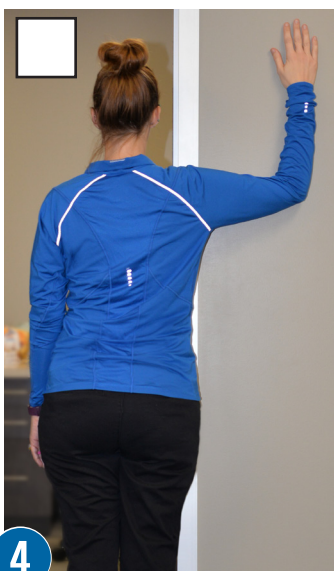
**1** Hold onto a table or surface (gentle grip, not really firm), lean head down slightly. Hold for 20 seconds and repeat 3 times.



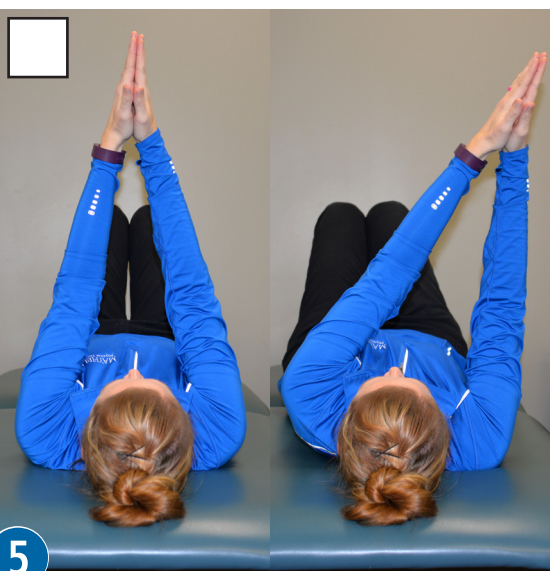
**2** Hold onto a table or surface (gentle grip, not really firm), and slightly tuck chin, lean head away and rotate towards that side. Hold for 20 seconds and repeat 3 times.



**3** Face wall and place hands pinky side on wall. Slide arms up wall without shrugging shoulder blades. Keep arms up, widen hands apart and gently pinch shoulder blades "down and in." Your hands can leave the wall but do not arch the back. Remember to keep the belly "up and in" during this exercise. Keep the core tight with this exercise. Repeat 15 times.



**4** Place arm, including ball of shoulder against the wall, lean forward and hold for 20 seconds. Repeat 3 times, both sides.



**5** Lie on back, clasp hands together in front of chest. Rotate side to side, but keep this a small motion. Focus on the "bump" at the base of your neck moving. Repeat 15 times.



**6** Sit or stand, tubing in both hands, elbows at sides, bent to 90°, palms up. Pinch shoulder blades together. Keep elbows at sides and do not let shoulder shrug up towards ears. Repeat 15 times.



### Exercises: Chiari Malformation — weeks 2-4



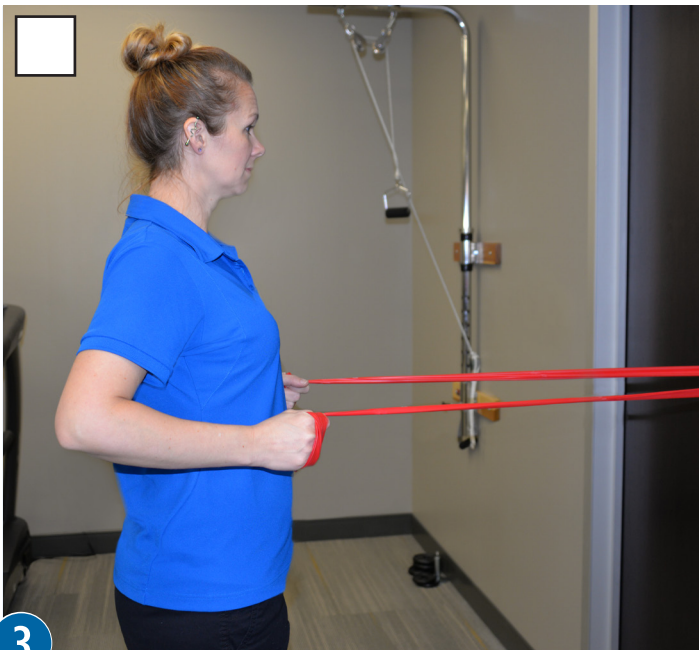
1

**Shoulder Abduction** Raise both arms to shoulder level out to sides. Maintain good posture and keep abdominal muscles tight. Use light weights for a challenge. Repeat 20 times. Perform 2 times per day.



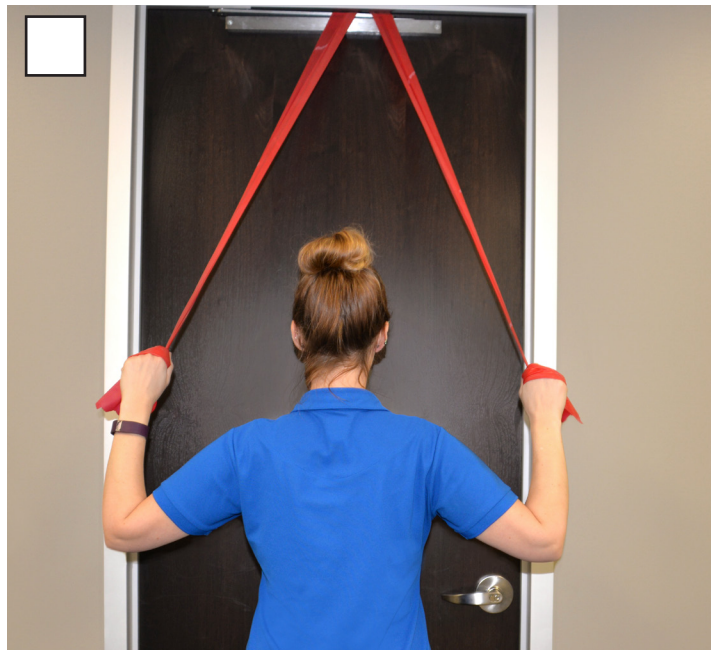
2

**Bilateral Arm Raise** Raise both arms to shoulder level in front. Maintain good posture and keep abdominal muscles tight. Use light weight for a challenge. Repeat 20 times. Perform 2 times per day.



3

**Rows** Anchor band in door at chest level. Pull band back while pinching shoulder blades. Repeat 20 times. Perform 2 times per day.



4

**Pulldowns** Anchor band over top of door. Pull band down, bringing elbows to sides. Repeat 20 times. Perform 2 times per day.

