

Seated Upper Trapezius Stretch

REPS: 3	SETS: 1	HOLD: 20 SEC	DAILY: 1
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Setup

Begin sitting upright on a table grasping the edge with one hand.

Movement

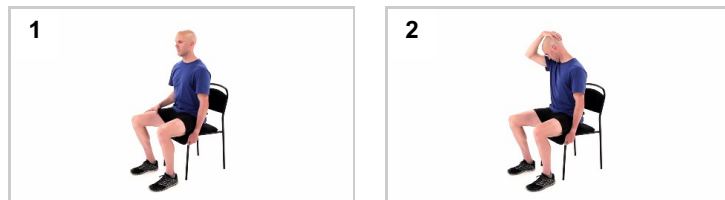
Rotate your head up and to the side opposite of your anchored arm and slowly lean it toward your shoulder, applying pressure with your hand until you feel a stretch and hold.

Tip

Make sure to keep your back straight during the exercise.

Seated Levator Scapulae Stretch

REPS: 3	SETS: 1	HOLD: 20 SEC	DAILY: 1
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Setup

Begin sitting upright in a chair, grasping the edge with one hand.

Movement

Rotate your head to the side opposite your anchored arm, then tuck your chin towards your chest. With your free hand, grasp the back of your head and gently pull it downward until you feel a stretch and hold.

Tip

Make sure to keep your back straight during the exercise.

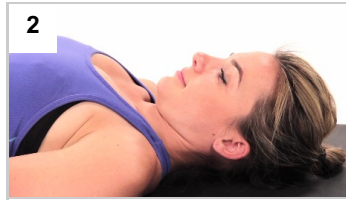
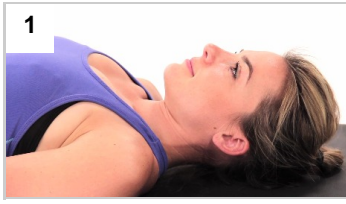
Supine Chin Tuck

REPS: 10

SETS: 1-2

HOLD: 10 SEC

DAILY: 1



Setup

Begin lying on your back with your neck relaxed.

Movement

Gently tuck your chin directly backward as if you are making a double chin. Hold, then relax and repeat.

Tip

Make sure not to lift your head from the ground.

Supine Lower Trapezius Strengthening

REPS: 10

HOLD: 10

DAILY: 1

WEEKLY: 7



Setup

Begin lying on your back with both legs bent, feet resting on the ground, and hands at your sides.

Movement

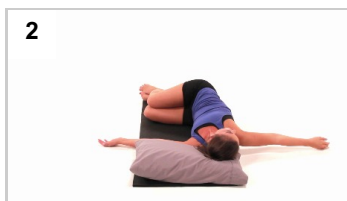
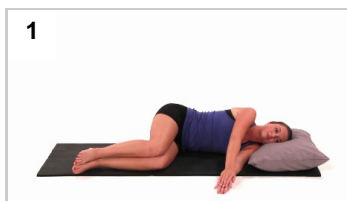
Slide your hands toward your feet, then press them into the ground and hold. You should feel the muscles in your lower middle back activating. Repeat this.

Tip

Make sure to keep your low back flat against the floor and your neck relaxed during the exercise.

Sidelying Thoracic Lumbar Rotation

REPS: 10	SETS: 2	DAILY: 1
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REPEAT ON RIGHT AND LEFT SIDES.

Setup

Begin lying on your side with both legs bent at 90 a degree angle, and your arms together straight in front of you on the ground.

Movement

Slowly move your top arm away from your other arm, toward the floor on your other side, rotating your trunk at the same time. Try to touch your shoulder blade to the floor while keeping your hips facing straight forward. Bring your arm back and repeat.

Tip

Make sure to keep your knees together as you rotate.

Standing Isometric Shoulder Extension at Table

REPS: 10	SETS: 1	HOLD: 10	DAILY: 1
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KEEP SHOULDERS DOWN AWAY FROM EARS

Setup

Begin in a standing upright in front of a table or other stable surface, with your hand in a fist.

Movement

Press your hand straight backward into the table, keeping your elbow straight, then relax and repeat.

Tip

Make sure to maintain good posture and do not shrug your shoulders during the exercise. There should be little to no movement.