



1: Upper Trapezius Stretch #3

- Sit in chair with good posture
- Grasp and hold bottom of chair with hand
- Slowly lead head away until a comfortable stretch is felt

Sets: 1 **Reps:** 2 **Sessions:** 3 Everyday **Hold Time:** 30s **Side:** Both



2: Cervical Retraction

- Sit or stand in an upright position
- Bring one hand to chin
- Slowly push head straight back
- Return to starting position and repeat as instructed

Sets: 1 **Reps:** 3 **Sessions:** 3 Everyday **Hold Time:** 5s **Side:** Both



3: Pectoralis / Biceps Stretch

- Clasp hands behind back
- Straighten arms
- Slowly move hands away from buttocks until a comfortable stretch is felt
- Hold and repeat as instructed

Sets: 1 **Reps:** 2 **Sessions:** 3 Everyday **Hold Time:** 30s **Side:** Both



4: Cervical / Thoracic Stretch

- Clasp hands in front of body
- Straighten arms
- Slowly arch upper back while bringing chin toward chest until a comfortable stretch is felt
- Hold and repeat as instructed

Sets: 1 **Reps:** 2 **Sessions:** 3 Everyday **Hold Time:** 30s **Side:** Both



5: Resisted Shoulder Shrug / Scapular Squeeze Combo with

- Stand with correct posture, holding weight in each hand
- Slowly shrug shoulders up toward ceiling, then squeeze shoulder blades together
- Keep chin slightly tucked during exercise
- Repeat sequence as instructed

Sets: 1 **Reps:** 10 **Sessions:** 3 Everyday **Hold Time:** 5s **Side:** Both