

Notes :

1 Neck/UB stretching



Sets: 2 Freq: Daily Hold: 30 seconds

Standing or seated, give yourself a hug.

Gently bring your chin to your chest.

You should feel a nice stretch, not pain.



2 Shoulder blade squeeze



Sets: 2 Reps: 10

Tuck your chin slightly and keep your spine tall.

With your arms relaxed on your side squeeze your shoulder blade together with shrugging them.

Gently relax the position and repeat.



3 Chin tuck

Sets: 2 Reps: 10

Sit up straight in a chair and look directly ahead of you.

Tuck your chin in without tilting your head down.

Return your head to the original position.



④ Wall slide

Sets: 2 Reps: 10



Stand or sit on the floor with back and buttocks against the wall. Place your head (chin in), your shoulders, elbows and wrists against the wall with shoulders and elbows at 90 degrees.



Keeping the entire body in contact with the wall, slowly slide your arms upward along the wall. Breath normally during movement and slowly return to the initial position.

⑤ Wall lift off

Sets: 2 Reps: 10



Stand facing the wall with either foot against the wall and the other foot backward.



Extend both arms upward, with pinkies on the wall and thumbs pointing behind you.

Alternately lift arms off the wall backward, keeping the elbow straight.

The arm should brush by your ear and the torso must not twist as you lift the arm.

⑥ Scapular protraction with arms at 90 °

Sets: 2 Reps: 10



Start in a push-up position: hands on a table and arms at a 90 ° from your trunk.



Push against the table to round the upper body and push the shoulder blades forward (scapular protraction), without bending your elbow or allowing the lower back/hips to sag.

7 Upper trunk rotation

Sets: 2 Reps: 10 Duration: 5 seconds



Start with your hands supported on a surface, your hips back, your knees slightly bent and your back flat.

Place one hand behind your head.

Lift the elbow up and behind, while you rotate at the thoracic region.

Repeat on the other side.



8 Plank on chair

Sets: 1-2 Duration: 30 seconds or as tolerated



Place your forearms on a chair and your feet back to maintain your body up in a straight line.

Contract your glutes and do not arch your lower back.

Keep your body in a straight line from your head to your feet and keep your elbows under your shoulders.

Hold the position.

