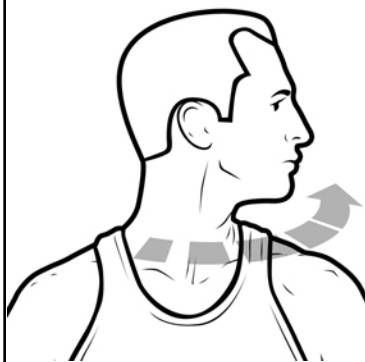


CHIN TUCK WITH SCAPULAR RETRACTION

Standing or sitting, start with your head and shoulders in a relaxed position (1). Keep your eyes looking straight ahead as you tuck your chin in as far as you comfortably can while gently pulling your shoulder blades back and down (2). Hold this position then slowly relax and repeat.

SETS & REPS: 10 reps

FREQUENCY: 5 x day



NECK ROTATIONS

Rotate your head to the left as far as you can. Ensure you do not side bend your head to the left during the movement. Return to the front then repeat. Also repeat to the right side.

SETS & REPS: 10 reps

FREQUENCY: 5 x day



NECK SIDE FLEXION

Tilt your head down to the left side as far as you can. Ensure you do not also rotate your head to the left. Return to upright then repeat. Also repeat to the right side.

SETS & REPS: 10 reps

FREQUENCY: 5 x day



NECK STRETCH

Sitting, grasp under your chair and depress your shoulder. Side bend your head away from the shoulder being stretched until you feel a stretch. Hold. Repeat with the other side.

SETS & REPS: 30 sec hold

FREQUENCY: 3 x day



NECK STRETCH

Sitting, grasp under your chair and depress your shoulder. Rotate your head away from the side being stretched and bend your head forward until you feel a stretch in your neck. Hold. Repeat with the other side.

SETS & REPS: 30 sec hold

FREQUENCY: 3 x day



CHEST STRETCH

Clasp your hands behind your back and pull your shoulders back and down as far as you can, squeezing your shoulder blades together. As you exhale, try to depress your shoulders further. Hold.

SETS & REPS: 30 sec hold

FREQUENCY: 3 x day



SHOULDER STRETCH

With your shoulder blade pulled back and down and your elbow straight, cross your arm across your body. Use your opposite arm to pull the arm further across the body until you feel a stretch. Ensure your shoulder blade remains depressed and pulled back. Hold. Repeat with the other shoulder.

SETS & REPS: 30 sec hold

FREQUENCY: 3 x day

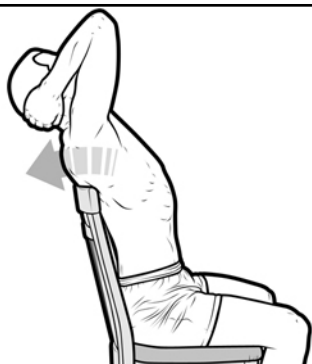


SEATED THORACIC ROTATION

While sitting in a chair, rotate your trunk to one side as far as you can. Use the chair-back to pull yourself further into rotation. Hold for 10 seconds. Relax and repeat to the other side.

SETS & REPS: 3 reps

FREQUENCY: 3 x day



THORACIC SPINE EXTENSION

Sit upright with your hands behind your head. Gently extend your spine backwards over the edge of the chair. Hold this position for 5-10 seconds. Relax and repeat.

SETS & REPS: 5-10 reps

FREQUENCY: 3 x day



WRIST EXTENSORS STRETCH

Grasp your hand, straighten your elbow and flex your wrist as far as you can. Use your other hand to push your wrist further into flexion until you feel a stretch. Hold. Repeat with the other arm.

SETS & REPS: 30 sec hold

FREQUENCY: 3 x day

WRIST FLEXORS STRETCH



While keeping your elbow straight, extend your wrist as far as you can. With your opposite hand, pull your wrist further into extension until you feel a stretch. Hold. Repeat with the other arm.

SETS & REPS: 30 sec hold

FREQUENCY: 3 x day



BACK EXTENSIONS

Standing, place your hands on your lower back and extend backwards as far as you are able. Relax and repeat.

SETS & REPS: 10 reps

FREQUENCY: 3-5 x day