

Upper Trapezius Stretch

reps: 2-3 sets: 1-3 hold: 30-60 Daily: 1x



Step 1



Step 2

Setup

- Begin in a standing upright position. Place one arm behind your back, and grab it just above the wrist with your other hand.

Movement

- Gently bend your neck sideways, then pull your arm downward. You should feel a stretch in your neck and upper back.

Tip

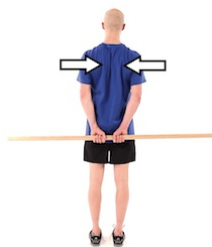
- Make sure to keep your movements gentle and do not stretch through pain.

Chest Stretch with Shoulder Squeeze and Dowel

reps: 2-3 sets: 1-3 hold: 30-60 Daily: 3x



Step 1



Step 2

Setup

- Begin in a standing upright position holding a dowel behind your back with both hands together.

Movement

- Gently squeeze your shoulder blades together. You should feel a stretch in the front of your chest.

Tip

- Make sure to only move your shoulder blades and keep your hands close to your body.

Standing Isometric Cervical Retraction with Chin Tucks and Ball at Wall

reps: 6-10 sets: 1-3 hold: 10 Daily: 3x



Step 1



Step 2

Setup

- Begin standing upright with a ball between the back of your head and a wall.

Movement

- Gently press your head into the ball, then tuck your chin toward your neck. Hold briefly, then relax and repeat, keeping your head pushed backward.

Tip

- Make sure to maintain an upright posture during the exercise.

Seated Shoulder W with Scaption on Swiss Ball

reps: 6-10 sets: 3 hold: 5 Daily: 1x



Step 1



Step 2



Step 3

Setup

- Begin by sitting upright on a swiss ball with your elbows bent 90 degrees, holding both ends of a resistance band and your fists facing inward. There should be slight tension in the band.

Movement

- Slowly rotate your arms outward and slightly upward so at the top of the motion the band is at the level of your chest. From this position, slowly straighten your arms out at a 30 degree angle from your body, then return to the starting position and repeat.

Tip

- Make sure to avoid arching your back and maintain a gentle chin tuck throughout the exercise.

Quadruped Cat Camel

reps: 6-10 sets: 2-3 Daily: 3x



Step 1



Step 2

Setup

- Begin on all fours with your arms directly under your shoulders.

Movement

- Slowly sag your back down to the floor, then round your back up toward the ceiling and repeat.

Tip

- Make sure to use your entire back for the motion and keep your movements slow and controlled.

Thoracic Extension Mobilization on Foam Roll

reps: 6-10 sets: 2-3 Daily: 3x



Step 1



Step 2

Setup

- Begin lying with your upper back on a foam roll and hands clasped behind your neck.

Movement

- Let your back relax and head drop toward the floor. Pause briefly, then return to the starting position and repeat.

Tip

- Make sure not to let your hips rise up off the floor.

Sidelying Thoracic Rotation with Open Book

reps: 6-10 sets: 2-3 Daily: 3x



Step 1



Step 2



Step 3

Setup

- Begin lying on your side with your legs bent at a 75 degree angle and your arms together straight in front of you on the ground.

Movement

- Slide your top hand back and forth over your bottom hand 5 times, rotating your shoulders. Then, lift your top arm straight up and over to the floor on your other side.

Tip

- Make sure to keep your knees together and only rotate your back and upper arm. Your hips should stay facing forward.

Triangle Pose

reps: 1-3 sets: 2-3 hold: 20-30 Daily: 3x



Step 1



Step 2

Setup

- Begin in a wide stance position with one foot pointed forward and the other pointed sideways.

Movement

- Lift your arms out to your sides and lower one arm toward your sideways foot. Reach toward the ceiling with your opposite hand, allowing your torso to rotate, and hold.

Tip

- Make sure the heel of your sideways foot is in line with the middle of your other foot and do not shrug your shoulders during the exercise.

Combined Thoracic Rotation, Hip Flexor, and Quadriceps Stretch

reps: 2-3 sets: 2-3 hold: 30-60 Daily: 3x



Step 1



Step 2

Clinician Notes:

Use your breath to increase the rotation on the exhale.

Setup

- Being lying on your side with your head resting on a towel and your knees bent to 90 degrees.

Movement

- Using your bottom arm, grasp your top leg and pull it upward. Next, bring your lower leg behind you, and grasp your ankle with your other hand. Return your head back to the towel, then slowly turn your head and lower your shoulder toward the ground. Hold this position.

Tip

- Make sure to perform this exercise slowly and in the exact order described.