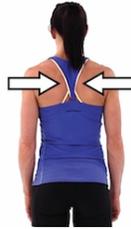


Weeks 1-2

STEP 1



STEP 2



Standing Scapular Retraction

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your arms resting at your sides.

Movement

Gently squeeze your shoulder blades together, then relax them and repeat.

Tip

Make sure to keep your back relaxed and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Seated Chin Tuck with Neck Elongation

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright.

Movement

Gently tuck your chin and think of stretching your neck toward the ceiling. Then return to the starting position and repeat.

Tip

Make sure to keep your shoulders relaxed during the exercise.

STEP 1



STEP 2



Seated Upper Trapezius Stretch

REPS: 3 | HOLD: 20 SEC | DAILY: 1 | WEEKLY: 7

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.

STEP 1



STEP 2



STEP 3



Seated Scalene Stretch with Towel

REPS: 3 | HOLD: 20 SEC | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright holding the ends of a thin towel that is draped over your shoulder close to your neck.

Movement

Gently pull down on the towel, then slowly bend your neck towards your opposite side and turn your head upwards towards the ceiling until you feel a gentle stretch in your neck. Hold this position.

Tip

Make sure to maintain an upright posture and keep your shoulders relaxed during the exercise.

STEP 1



STEP 2



STEP 3



Doorway Pec Stretch at 90 Degrees Abduction

REPS: 3 | HOLD: 20 SEC | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position in the center of a doorway.

Movement

With your elbows bent, place your forearms on the sides of the doorway at a 90 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

Tip

Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Prone Shoulder Row

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your front with one arm hanging off the edge of a bed or table.

Movement

Bend your elbow as you pull your arm up, keeping it tucked towards your side. Slowly return to the starting position and repeat.

Tip

Make sure to keep your arm close to your side and think of squeezing your shoulder blades together as you pull your arm up. Do not shrug your shoulder during the exercise.

STEP 1



STEP 2



Standing Isometric Cervical Sidebending with Manual Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your feet shoulder width apart.

Movement

Gently tuck your chin. Place your hand on your temple and gently apply pressure, using your neck muscles to keep your head steady.

Tip

Do not let your head tilt or rotate during the exercise.

STEP 1



STEP 2



Standing Isometric Cervical Flexion with Manual Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Set Up

Begin in a standing upright position with your feet shoulder width apart.

Movement

Gently tuck your chin. Place your hand on your forehead head and apply pressure, using your neck muscles to keep your head steady.

Tip

Do not let your head tilt or rotate during the exercise.

STEP 1



STEP 2



Standing Isometric Cervical Extension with Manual Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your feet shoulder width apart.

Movement

Gently tuck your chin. Place your hand on the back of your head and gently apply pressure, using your neck muscles to keep your head steady.

Tip

Do not let your head tilt or rotate during the exercise.

Weeks 3-4

STEP 1



STEP 2



Seated Chin Tuck with Neck Elongation

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright.

Movement

Gently tuck your chin and think of stretching your neck toward the ceiling. Then return to the starting position and repeat.

Tip

Make sure to keep your shoulders relaxed during the exercise.

STEP 1



STEP 2



Seated Upper Trapezius Stretch

REPS: 3 | HOLD: 20 SEC | DAILY: 1 | WEEKLY: 7

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.

STEP 1



STEP 2



STEP 3



Seated Scalene Stretch with Towel

REPS: 3 | HOLD: 20 SEC | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright holding the ends of a thin towel that is draped over your shoulder close to your neck.

Movement

Gently pull down on the towel, then slowly bend your neck towards your opposite side and turn your head upwards towards the ceiling until you feel a gentle stretch in your neck. Hold this position.

Tip

Make sure to maintain an upright posture and keep your shoulders relaxed during the exercise.

STEP 1



STEP 2



STEP 3



Doorway Pec Stretch at 90 Degrees Abduction

REPS: 3 | HOLD: 20 SEC | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position in the center of a doorway.

Movement

With your elbows bent, place your forearms on the sides of the doorway at a 90 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

Tip

Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Standing Isometric Cervical Sidebending with Manual Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your feet shoulder width apart.

Movement

Gently tuck your chin. Place your hand on your temple and gently apply pressure, using your neck muscles to keep your head steady.

Tip

Do not let your head tilt or rotate during the exercise.

STEP 1



STEP 2



Standing Isometric Cervical Flexion with Manual Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Set Up

Begin in a standing upright position with your feet shoulder width apart.

Movement

Gently tuck your chin. Place your hand on your forehead head and apply pressure, using your neck muscles to keep your head steady.

Tip

Do not let your head tilt or rotate during the exercise.

STEP 1



STEP 2



Standing Isometric Cervical Extension with Manual Resistance

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your feet shoulder width apart.

Movement

Gently tuck your chin. Place your hand on the back of your head and gently apply pressure, using your neck muscles to keep your head steady.

Tip

Do not let your head tilt or rotate during the exercise.

STEP 1



Seated Isometric Cervical Rotation

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting in an upright position.

Movement

Place your hand on the side of your face, then try to turn your head, resisting the motion with your hand. Hold, then relax and repeat.

Tip

There should be little to no movement. Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



Standing Shoulder Shrugs

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your arms resting at your sides.

Movement

Gently shrug your shoulders up towards your ears, then lower them back down and repeat.

Tip

Make sure to keep your arms relaxed.

STEP 1



STEP 2



Shoulder External Rotation and Scapular Retraction

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in an upright standing position with your arms by your sides. Bend your elbows to approximately 90 degrees with your palms up.

Movement

Slowly rotate your forearms out to the side. As you do so, pinch your shoulder blades down and back together. Pause briefly, then return to the starting position and repeat.

Tip

Make sure that you keep the bend in your elbows as you rotate your arms. Avoid shrugging your shoulders.

STEP 1



STEP 2



Prone Shoulder Flexion

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying face down on a table with your arm hanging over the edge.

Movement

Keeping your elbow straight and your thumb pointing forward, raise your arm straight upward until it is in line with your body.

Tip

Do not let your back arch as you raise your arm and try not to shrug your shoulder.

STEP 1



STEP 2



Prone Scapular Retraction Y

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your front with your arms straight overhead in a "Y" position.

Movement

Lift your arms off the ground, squeezing your shoulder blades together. Hold, then relax and repeat.

Tip

Make sure to keep your back relaxed.

STEP 1



STEP 2



Prone Shoulder Horizontal Abduction

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your front with a towel roll below your forehead and your arms resting out to your sides.

Movement

Squeeze your shoulder blades together, then lift your arms straight up. Hold briefly, then relax and repeat.

Tip

Make sure to keep your neck relaxed and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Prone Shoulder Row

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your front with one arm hanging off the edge of a bed or table.

Movement

Bend your elbow as you pull your arm up, keeping it tucked towards your side. Slowly return to the starting position and repeat.

Tip

Make sure to keep your arm close to your side and think of squeezing your shoulder blades together as you pull your arm up. Do not shrug your shoulder during the exercise.

STEP 1



STEP 2



Push Up

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin on all fours on a comfortable surface. Move your body forward into a push-up position, with your arms slightly wider than shoulder width apart, knees straight, and feet together.

Movement

Slowly lower your body to the ground then push yourself back up and repeat.

Tip

Keep your back straight and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 2



Standard Plank

REPS: 3 | HOLD: 15-60 SEC | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your front, propped up on your elbows.

Movement

Engage your abdominal muscles and lift your hips and legs up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.

STEP 1



STEP 2



Seated Chin Tuck with Neck Elongation

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright.

Movement

Gently tuck your chin and think of stretching your neck toward the ceiling. Then return to the starting position and repeat.

Tip

Make sure to keep your shoulders relaxed during the exercise.

STEP 1



STEP 2



Seated Upper Trapezius Stretch

REPS: 3 | HOLD: 20 SEC | DAILY: 1 | WEEKLY: 7

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.

STEP 1



STEP 2



STEP 3



Seated Scalene Stretch with Towel

REPS: 3 | HOLD: 20 SEC | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright holding the ends of a thin towel that is draped over your shoulder close to your neck.

Movement

Gently pull down on the towel, then slowly bend your neck towards your opposite side and turn your head upwards towards the ceiling until you feel a gentle stretch in your neck. Hold this position.

Tip

Make sure to maintain an upright posture and keep your shoulders relaxed during the exercise.

STEP 1



STEP 2



STEP 3



Doorway Pec Stretch at 90 Degrees Abduction

REPS: 3 | HOLD: 20 SEC | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position in the center of a doorway.

Movement

With your elbows bent, place your forearms on the sides of the doorway at a 90 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

Tip

Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Prone Shoulder Flexion

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying face down on a table with your arm hanging over the edge.

Movement

Keeping your elbow straight and your thumb pointing forward, raise your arm straight upward until it is in line with your body.

Tip

Do not let your back arch as you raise your arm and try not to shrug your shoulder.

STEP 1



STEP 2



Prone Scapular Retraction Y

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your front with your arms straight overhead in a "Y" position.

Movement

Lift your arms off the ground, squeezing your shoulder blades together. Hold, then relax and repeat.

Tip

Make sure to keep your back relaxed.

STEP 1



STEP 2



Prone Shoulder Horizontal Abduction

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your front with a towel roll below your forehead and your arms resting out to your sides.

Movement

Squeeze your shoulder blades together, then lift your arms straight up. Hold briefly, then relax and repeat.

Tip

Make sure to keep your neck relaxed and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Standard Plank

REPS: 3 | HOLD: 15-60 SEC | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your front, propped up on your elbows.

Movement

Engage your abdominal muscles and lift your hips and legs up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.

STEP 1



STEP 2



Push Up

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin on all fours on a comfortable surface. Move your body forward into a push-up position, with your arms slightly wider than shoulder width apart, knees straight, and feet together.

Movement

Slowly lower your body to the ground then push yourself back up and repeat.

Tip

Keep your back straight and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 2



Seated Shoulder Row with Resistance Anchored at Feet

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting in an upright position holding both ends of a resistance band that is anchored under your feet, with your legs straight and your palms facing inward.

Movement

Pull your arms backward, bending your elbows, then slowly straighten them and repeat. Think of squeezing your shoulder blades together as you pull back.

Tip

Make sure to keep your back straight and do not shrug your shoulders during the exercise.



Prone Neck Extension at Table Edge

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your stomach with your head and the tops of your shoulders off the edge of a table. Allow your chin to nod down toward your chest.

Movement

Slowly lift your head up, then slowly return to the starting position, and repeat.

Tip

Make sure to only move your neck and keep your shoulders and mid back still.



Supine Segmental Cervical Flexion

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin by lying on your back with your head and neck in a comfortable position.

Movement

Gently tuck your chin and elongate your neck. Slowly roll your head up until it lifts off the pillow and return to the starting position.

Tip

Keep your shoulders relaxed and maintain a gentle chin tuck throughout the exercise.

Weeks 7-8



Seated Chin Tuck with Neck Elongation

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright.

Movement

Gently tuck your chin and think of stretching your neck toward the ceiling. Then return to the starting position and repeat.

Tip

Make sure to keep your shoulders relaxed during the exercise.



Seated Upper Trapezius Stretch

REPS: 3 | HOLD: 20 SEC | DAILY: 1 | WEEKLY: 7

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 Scalene Stretch with Towel

REPS: 3 | HOLD: 20 SEC | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright holding the ends of a thin towel that is draped over your shoulder close to your neck.

Movement

Gently pull down on the towel, then slowly bend your neck towards your opposite side and turn your head upwards towards the ceiling until you feel a gentle stretch in your neck. Hold this position.

Tip

Make sure to maintain an upright posture and keep your shoulders relaxed during the exercise.



Doorway Pec Stretch at 90 Degrees Abduction

REPS: 3 | HOLD: 20 SEC | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position in the center of a doorway.

Movement

With your elbows bent, place your forearms on the sides of the doorway at a 90 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

Tip

Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.



Prone Neck Extension at Table Edge

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your stomach with your head and the tops of your shoulders off the edge of a table. Allow your chin to nod down toward your chest.

Movement

Slowly lift your head up, then slowly return to the starting position, and repeat.

Tip

Make sure to only move your neck and keep your shoulders and mid back still.



Supine Segmental Cervical Flexion

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin by lying on your back with your head and neck in a comfortable position.

Movement

Gently tuck your chin and elongate your neck. Slowly roll your head up until it lifts off the pillow and return to the starting position.

Tip

Keep your shoulders relaxed and maintain a gentle chin tuck throughout the exercise.



Standing Bent Over Bilateral Shoulder Row with Dumbbells

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing position with your trunk bent forward and arms hanging toward the floor, holding a dumbbell in each hand.

Movement

Pull your arms upward, bending at your elbows and squeezing your shoulder blades together. Lower them back down and repeat.

Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.



Standing Shoulder Shrugs with Dumbbells

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with a dumbbell in each hand and arms resting at your sides.

Movement

Gently shrug your shoulders up towards your ears, then lower them back down and repeat.

Tip

Make sure to maintain a gentle chin tuck throughout the exercise and keep your arms relaxed.

STEP 1



STEP 2



Upper Back Extension Off Table

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying with your upper body hanging off the edge of a table or bed.

Movement

Slowly bend your upper body upward, using the muscles in your back, then lower back down and repeat.

Tip

Make sure to maintain a gentle chin tuck during the exercise.

STEP 1



STEP 2



Side Plank on Elbow

REPS: 3 | HOLD: 30-60 SEC | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your side with your feet stacked, resting on your elbow.

Movement

Lift your hips off the floor so your body is in a straight line and your hips and shoulders are facing forward. Hold this position.

Tip

Make sure to keep your head in line with your trunk, do not let your hips drop toward the floor, and do not roll forward or backward during the exercise.

STEP 1



STEP 2



Single-Arm Dumbbell Clean

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing upright with a dumbbell held in one hand and your feet shoulder-width apart.

Movement

Bend into a small squat, allowing the weight to swing between your legs. Then, thrust your hips forward to pull the weight up to shoulder height. Lower the weight back down, then repeat.

Tip

Make sure to keep your low back straight during the exercise. Drive through with your hips so that your lower body does the work.