

Weeks 1-2

STEP 1



STEP 2



Seated Chin Tuck with Neck Elongation

REPS: 10 | SETS: 2 | 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 Cervical Extension AROM

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

Setup

Begin sitting in an upright position.

Movement

Tip your head backward, looking up toward the ceiling, then return to the starting position and repeat.

Tip

Make sure to keep your back straight and do not let your head bend or rotate to either side.

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



Corner Pec Major Stretch

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

Setup

Begin in a standing upright position facing a corner. Place your forearms flat on the wall on each side of the corner with your elbows at shoulder height.

Movement

Slowly lean forward, taking a small step if needed, until you feel a gentle stretch in the front of your shoulders. Hold this position.

Tip

Make sure to keep your upper back and neck relaxed. Do not shrug your shoulders during the stretch.

STEP 1



STEP 2



Corner Pec Minor Stretch

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

Setup

Begin in a standing upright position facing a corner. Keeping your arms straight, place your forearms flat on the wall on each side of the corner.

Movement

Slowly lean forward, taking a small step if needed, until you feel a gentle stretch in the front of your shoulders. Hold this position.

Tip

Make sure to keep your upper back and neck relaxed. Do not shrug your shoulders during the stretch.

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.

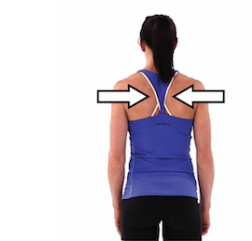
Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



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 Assisted Cervical Rotation with Towel

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

Setup

Begin sitting in an upright position with a rolled towel around your neck. Hold each end of the towel with your hands crossed.

Movement

Lift your front hand upward until the towel is around the side of your head, then pull sideways, rotating your neck. Then bring your neck back to center and repeat.

Tip

Avoid bending your neck forward or backward. Only rotate your neck within a pain-free range of motion, and make sure to move slowly.

STEP 1



STEP 2



Seated Cervical Sidebending Stretch

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

Setup

Begin sitting in an upright position.

Movement

Use one hand to tilt your head sideways, pulling your ear toward one shoulder until you feel a stretch in the opposite side of your neck, and hold.

Tip

Make sure to keep your back straight and do not let your head rotate, or bend forward or backward.

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.

Weeks 3-4



Doorway Pec Stretch at 90 Degrees Abduction

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

Setup

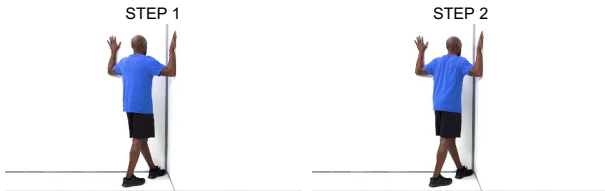
Begin in a standing upright position in the center of a doorway.

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.



Corner Pec Major Stretch

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

Setup

Begin in a standing upright position facing a corner. Place your forearms flat on the wall on each side of the corner with your elbows at shoulder height.

Movement

Slowly lean forward, taking a small step if needed, until you feel a gentle stretch in the front of your shoulders. Hold this position.

Tip

Make sure to keep your upper back and neck relaxed. Do not shrug your shoulders during the stretch.



Corner Pec Minor Stretch

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

Setup

Begin in a standing upright position facing a corner. Keeping your arms straight, place your forearms flat on the wall on each side of the corner.

Movement

Slowly lean forward, taking a small step if needed, until you feel a gentle stretch in the front of your shoulders. Hold this position.

Tip

Make sure to keep your upper back and neck relaxed. Do not shrug your shoulders during the stretch.



Seated Upper Trapezius Stretch

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

Setup

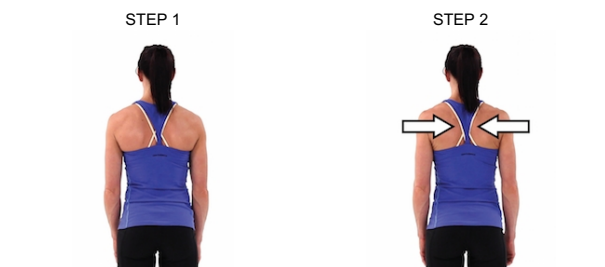
Begin sitting upright on a table grasping the edge with one hand.

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.



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.



Prone Scapular Retraction and 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

Gently squeeze your shoulder blades together, then 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 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.

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



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.

STEP 1



STEP 2



Prone Upper Back Extension Off Table with Hands Behind Head

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

Setup

Begin lying on your front with your hands behind your head and 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 and do not shrug your shoulders during the exercise.

Weeks 5-6

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



Corner Pec Major Stretch

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

Setup

Begin in a standing upright position facing a corner. Place your forearms flat on the wall on each side of the corner with your elbows at shoulder height.

Movement

Slowly lean forward, taking a small step if needed, until you feel a gentle stretch in the front of your shoulders. Hold this position.

Tip

Make sure to keep your upper back and neck relaxed. Do not shrug your shoulders during the stretch.

STEP 1



STEP 2



Corner Pec Minor Stretch

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

Setup

Begin in a standing upright position facing a corner. Keeping your arms straight, place your forearms flat on the wall on each side of the corner.

Movement

Slowly lean forward, taking a small step if needed, until you feel a gentle stretch in the front of your shoulders. Hold this position.

Tip

Make sure to keep your upper back and neck relaxed. Do not shrug your shoulders during the stretch.

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.

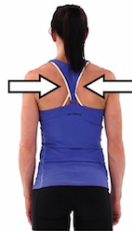
Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



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



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



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.

STEP 1



STEP 2



Prone Press Up

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

Setup

Begin lying on your stomach, with your hands by your shoulders resting flat on the ground.

Movement

Push against the floor with your hands, bending your back upward.

Tip

Make sure to keep your hips in contact with the floor and maintain a gentle chin tuck throughout the exercise.