

STEP 1



STEP 2

**Seated Scapular Retraction****REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3-5****Setup**

Begin sitting upright in a chair.

**Movement**

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

**Tip**

Make sure to maintain good posture 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: 3-5****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: 3-5****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 Scalenus Stretch****REPS: 3 | HOLD: 20 SEC | DAILY: 1 | WEEKLY: 3-5****Setup**

Begin sitting upright with one hand holding onto the bottom of the chair and your head slightly turned in the opposite direction.

**Movement**

Maintaining this position, slowly look up toward the ceiling until you feel a stretch in the front side of your neck and hold.

**Tip**

Make sure to keep your shoulders relaxed during the stretch.

STEP 1



STEP 2



STEP 3

**Doorway Pec Stretch at 90 Degrees Abduction****REPS: 3 | HOLD: 20 | DAILY: 1 | WEEKLY: 3-5****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: 3-5**

#### 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: 3-5**

#### 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: 3-5**

#### 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: 3-5**

#### 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



STEP 2

**Seated Scapular Retraction****REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3-5****Setup**

Begin sitting upright in a chair.

**Movement**

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

**Tip**

Make sure to maintain good posture 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: 3-5****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: 3-5****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 Scalenes Stretch****REPS: 3 | HOLD: 20 SEC | DAILY: 1 | WEEKLY: 3-5****Setup**

Begin sitting upright with one hand holding onto the bottom of the chair and your head slightly turned in the opposite direction.

**Movement**

Maintaining this position, slowly look up toward the ceiling until you feel a stretch in the front side of your neck and hold.

**Tip**

Make sure to keep your shoulders relaxed during the stretch.

STEP 1



STEP 2



STEP 3

**Doorway Pec Stretch at 90 Degrees Abduction****REPS: 3 | HOLD: 20 | DAILY: 1 | WEEKLY: 3-5****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: 3-5**

#### 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: 3-5**

#### 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: 3-5**

#### 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: 3-5**

#### 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: 3-5**

#### 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



### Prone Scapular Retraction Arms at Side

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3-5**

#### Setup

Begin lying face down with arms resting on the ground straight to your sides.

#### Movement

Lift your arms toward the ceiling keeping your elbows straight.

#### Tip

Think of squeezing your shoulder blades together as you lift your arms.

STEP 1



STEP 2



### Prone Shoulder Flexion

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3-5**

#### 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: 3-5**

#### 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



### Seated Shoulder Row with Resistance Anchored at Feet

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3-5**

#### 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



### Standard Plank

**REPS: 3 | HOLD: 15-60 SEC | DAILY: 1 | WEEKLY: 3-5**

#### 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: 3-5**

#### 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 Scapular Retraction****REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3-5****Setup**

Begin sitting upright in a chair.

**Movement**

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

**Tip**

Make sure to maintain good posture 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: 3-5****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: 3-5****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 Scalenus Stretch****REPS: 3 | HOLD: 20 SEC | DAILY: 1 | WEEKLY: 3-5****Setup**

Begin sitting upright with one hand holding onto the bottom of the chair and your head slightly turned in the opposite direction.

**Movement**

Maintaining this position, slowly look up toward the ceiling until you feel a stretch in the front side of your neck and hold.

**Tip**

Make sure to keep your shoulders relaxed during the stretch.

STEP 1



STEP 2



STEP 3

**Doorway Pec Stretch at 90 Degrees Abduction****REPS: 3 | HOLD: 20 | DAILY: 1 | WEEKLY: 3-5****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 Scapular Retraction Arms at Side

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3-5**

#### Setup

Begin lying face down with arms resting on the ground straight to your sides.

#### Movement

Lift your arms toward the ceiling keeping your elbows straight.

#### Tip

Think of squeezing your shoulder blades together as you lift your arms.

STEP 1



STEP 2



### Prone Shoulder Flexion

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3-5**

#### 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: 3-5**

#### 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



### Seated Shoulder Row with Resistance Anchored at Feet

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3-5**

#### 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



### Standard Plank

**REPS: 3 | HOLD: 15-60 SEC | DAILY: 1 | WEEKLY: 3-5**

#### 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: 3-5**

#### 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



### Cervical Extension Prone on Elbows

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3-5**

#### Setup

Begin lying on your stomach, resting on your elbows and looking toward the ground.

#### Movement

Slowly tilt your head back, looking toward the ceiling. Return to look back toward the ground and repeat.

#### Tip

Make sure to move only in a pain-free range of motion.

STEP 1



STEP 2



### Supine Segmental Cervical Flexion

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3-5**

#### 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.



STEP 1



STEP 2

**Seated Scapular Retraction****REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3-5****Setup**

Begin sitting upright in a chair.

**Movement**

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

**Tip**

Make sure to maintain good posture 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: 3-5****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: 3-5****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 Scalenes Stretch****REPS: 3 | HOLD: 20 SEC | DAILY: 1 | WEEKLY: 3-5****Setup**

Begin sitting upright with one hand holding onto the bottom of the chair and your head slightly turned in the opposite direction.

**Movement**

Maintaining this position, slowly look up toward the ceiling until you feel a stretch in the front side of your neck and hold.

**Tip**

Make sure to keep your shoulders relaxed during the stretch.

STEP 1



STEP 2



STEP 3

**Doorway Pec Stretch at 90 Degrees Abduction****REPS: 3 | HOLD: 20 | DAILY: 1 | WEEKLY: 3-5****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



### Push Up

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 3-5**

#### 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



### Cervical Extension Prone on Elbows

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3-5**

#### Setup

Begin lying on your stomach, resting on your elbows and looking toward the ground.

#### Movement

Slowly tilt your head back, looking toward the ceiling. Return to look back toward the ground and repeat.

#### Tip

Make sure to move only in a pain-free range of motion.

STEP 1



STEP 2



### Supine Segmental Cervical Flexion

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3-5**

#### 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.

STEP 1



STEP 2



### Standing Bent Over Bilateral Shoulder Row with Dumbbells

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3-5**

#### 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



### Standing Shoulder Shrugs with Dumbbells

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 3-5**

#### 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



### Side Plank on Elbow

**REPS: 3 | HOLD: 30-60 SEC | DAILY: 1 | WEEKLY: 3-5**

#### 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: 3-5**

#### 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.