

STEP 1



STEP 2



Seated Cervical Retraction

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 4

Setup

Begin sitting in an upright position with your feet flat on the floor.

Movement

Gently draw your chin in, while keeping your eyes fixed on something in front of you.

Tip

Make sure that you do not look down as you do this exercise, or bend your neck forward.

STEP 1



STEP 2



Seated Scapular Retraction

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 4

Setup

Begin sitting in an upright position.

Movement

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

Tip

Make sure to maintain good posture during the exercise.

STEP 1



STEP 2



STEP 3



Doorway Pec Stretch at 90 Degrees Abduction

REPS: 6 | SETS: 1 | DAILY: 1 | WEEKLY: 4

Hold for 20 seconds each time.

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



Gentle Levator Scapulae Stretch

REPS: 6 | SETS: 1 | DAILY: 1 | WEEKLY: 4

Hold for 20 seconds each time.

Setup

Begin sitting upright in a chair, grasping the edge with one hand.

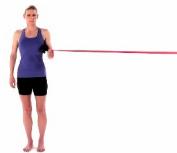
Movement

Rotate your head to the side opposite your anchored arm, then tuck your chin towards your chest. You should feel a stretch on the back of your neck and above your shoulder blade.

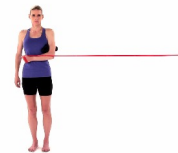
Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



Shoulder Internal Rotation with Resistance

REPS: 12 | SETS: 2 | DAILY: 1 | WEEKLY: 4

Setup

Begin in a standing upright position with your elbow bent at 90 degrees and a towel roll tucked under your arm, holding a resistance band. The anchor point should be on the side closest to your bent arm.

Movement

Slowly rotate your arm inward.

Tip

Make sure to keep your hips and shoulders facing forward and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 2



Shoulder Outs (Shoulder External Rotation)

REPS: 12 | SETS: 2 | DAILY: 1 | WEEKLY: 4

Setup

Begin standing upright with your elbow bent at 90 degrees and a towel roll tucked under your arm, holding a resistance band that is anchored out to your opposite side.

Movement

Rotate your arm out to your side, pulling against the resistance, then slowly return to the starting position and repeat.

Tip

Make sure to keep your hips and shoulders facing forward and maintain a gentle chin tuck. Do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Standing Shoulder Row with Anchored Resistance

REPS: 12 | SETS: 2 | DAILY: 1 | WEEKLY: 4

Setup

Begin standing upright, holding both ends of a resistance band that is anchored in front of you at chest height, with your palms facing inward.

Movement

Pull your arms back with your elbows tucked at your sides, then return to the starting position and repeat.

Tip

Make sure to keep your core engaged and focus on squeezing your shoulder blades together as you pull on the band.

STEP 1



STEP 2



Shoulder extension with resistance - Neutral

REPS: 12 | SETS: 2 | DAILY: 1 | WEEKLY: 4

Setup

Begin standing upright with your arms straight forward and palms facing inward, holding the ends of a resistance band that is anchored overhead in front of you.

Movement

Pull your arms down to your sides, squeezing your shoulder blades together. Then bring them back up to the starting position and repeat.

Tip

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

STEP 1



STEP 2



Prone Lower Trapezius with Legs Straight on Swiss Ball

REPS: 12 | SETS: 2 | DAILY: 1 | WEEKLY: 4

Setup

Begin lying on your front with your chest resting on a swiss ball and your legs straight.

Movement

Raise both arms diagonally out to your sides in a Y shape with your elbows straight and thumbs pointing up, then lower them back down and repeat.

Tip

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

STEP 1



STEP 2



Prone Middle Trapezius Strengthening on Swiss Ball

REPS: 12 | SETS: 2 | DAILY: 1 | WEEKLY: 4

Setup

Begin on all fours with your trunk resting on a swiss ball.

Movement

Straighten your arms and lift them upward. Lower them back toward the ground and repeat.

Tip

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

STEP 1



STEP 2



Prone Shoulder Row on Swiss Ball with Dumbbells

REPS: 12 | SETS: 2 | DAILY: 1 | WEEKLY: 4

Setup

Begin lying on your front with your trunk resting on a swiss ball with your legs straight, holding a dumbbell in each hand.

Movement

Bending at the elbows, pull your arms upward, then lower them back to the ground and repeat.

Tip

Focus on squeezing your shoulder blades together as you lift your arms.

STEP 1



STEP 2



Wall Clock 1-5 and 7-11

REPS: 8 | SETS: 2 | DAILY: 1 | WEEKLY: 4

Setup

Begin in a standing upright position with your arms straight and your hands resting on a wall at shoulder height.

Movement

Slowly walk your hands up the wall one at a time.

Tip

Make sure to keep your body straight during the exercise. Only walk your hands as far as you can without feeling any pain.

STEP 1



STEP 2



Wall Walk side to side

REPS: 8 | SETS: 2 | DAILY: 1 | WEEKLY: 4

Setup

Begin leaning against a wall with your arms straight and a resistance band around your wrists.

Movement

Slowly walk your arms sideways along the wall, moving each arm simultaneously with your leg on the same side. Then return to the starting position in the same manner.

Tip

Make sure to keep your back straight during the exercise and maintain constant tension in the band.