

**1- Postural stretch** - Sets:2 / Repetition:5 / Frequency:3 daily / Duration:10 sec



Sit in a chair, tuck your chin in and stretch the crown of your head towards the ceiling. To do this movement, bring the shoulders back and picture an imaginary string attached to the top of your head pulling you up.

**2- Stretching side bending** - Sets:2 / Repetition:5 / Frequency:3 daily / Duration:10 sec



Lift one arm and bring it up and across your head. Sit straight and place the palm of your hand on your head. Use your hand to pull your head gently down towards your shoulder until a stretch is felt on the opposite side of the neck. Maintain the position. Do not turn your head or tilt it forward or backwards while you perform this stretch.

**3- Pectoral stretch** - Sets:2 / Repetition:5 / Frequency:3 daily / Duration:10 sec



Stand up in front of an open doorway. Place your forearm along the wall. Lean your body forward until you feel a stretch across your chest and the front of your arm. To emphasize the upper chest, place the arm lower than horizontal, to stretch more the middle portion, place the arm perpendicular and to stretch the lower portion, place the arm higher than parallel.

**4- Thoracic extension** - Sets:2 / Repetition:5 / Frequency:3 daily / Duration:10 sec



Lie on your side with the hips and knees bent in front of you. Both hands are placed together on the nape. Keep the bottom elbow on the floor, roll back and have the top elbow reach back to touch the floor, opening up the chest. Maintain the position and return slowly to the starting position.

**5- TA activation, arm flexion** - Sets:2 / Repetition:5 / Frequency:3 daily / Duration:10 sec



Lie on your back with your knees bent and your back in a neutral position (slightly arched). Activate your lower abdominals (transversus abdomini) by bringing your belly button inward and by activating your pelvic floor muscles 20 to 30% of maximal contraction. Maintain a steady abdominal breathing while you raise one arm overhead, keeping your back flat on the floor. Return slowly to the initial position and repeat.

**6- Deep neck flexors** - Sets:2 / Repetition:5 / Frequency:3 daily / Duration:10 sec



Lie on your back, knee bent, with a small towel rolled under the hollow of your neck. Place your hand across the front of your neck just above your collarbone to monitor unwanted activity of the surface muscles. Place your tongue on the roof of your mouth, with your jaw relaxed. Keep the neck still and only flex the head as if you were nodding. Go as far as you can go without the surface muscles tightening under your fingers. Hold for the time instructed and then return to the starting position. Do not lift the head up off the ground, or push the back of the head into the pillow. The neck should flatten a bit against the towel roll. If the towel bothers your neck, remove it.

**7- Lower trapezius roll back** - Sets:2 / Repetition:5 / Frequency:3 daily / Duration:10 sec



Lie down prone on a firm surface with the arm out on your side with the elbow bent. Activate your lower trapezius by retracting the scapula and lowering it slightly. Slide the hand down on the table until it is at chest height, hold for a few seconds then come back to the starting position. Repeat.

**8- Dynamic blackburns** - Sets:2 / Repetition:5 / Frequency:3 daily / Duration:10 sec



Start by lying on your stomach with your arms at your side (palms facing down). Retract the shoulder blades back and down while lifting your chest slightly off the ground. Move your arms away from your body and begin to rotate the arms so that the thumbs point to the ceiling. Continue to move the arms until you reach 90 degrees. Reverse the motion slowly and repeat.