

## Seated Cervical Retraction

<b>REPS: 10</b>	<b>SETS: 2</b>	<b>HOLD: 5 SEC</b>	<b>DAILY: 1</b>
<b>WEEKLY: 7</b>			



### Setup

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

### Movement

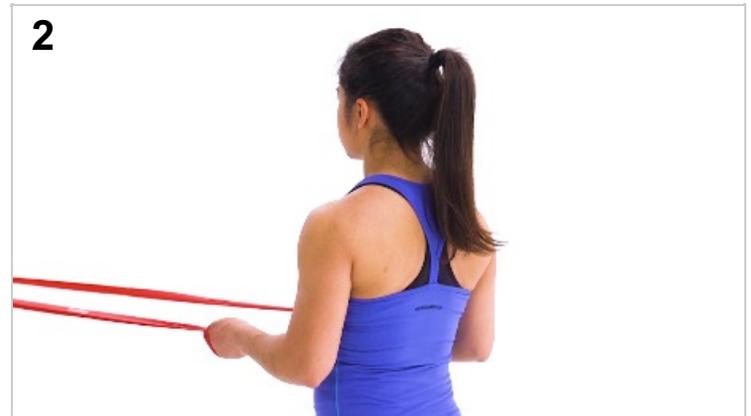
Gently draw your chin in, while keeping your eyes fixed on something in front of you.

### Tip

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

# Scapular Retraction with Resistance

<b>REPS: 10</b>	<b>SETS: 3</b>	<b>HOLD: 3 SEC</b>	<b>DAILY: 1</b>
<b>WEEKLY: 5</b>			



## Setup

Begin standing upright with your elbows bent and tucked at your sides, holding the ends of a resistance band that is anchored in front of you.

## Movement

Squeeze your shoulder blades together and downward, pulling against the resistance band. Hold this position, then relax and repeat.

## Tip

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

# Supine Chest Stretch on Foam Roll

**DAILY: 1**

**WEEKLY: 7**



Perform for 3-5 min daily

## Setup

Begin lying with your knees bent and a foam roll positioned vertically along the middle of your back, hands resting on your stomach.

## Movement

Slowly move your arms straight out to your sides, then return to the starting position and repeat.

## Tip

Make sure your back is laying flat against the foam roll.

# Thoracic Mobilization on Foam Roll - Hands Clasped

DAILY: 1

WEEKLY: 7



3-5 minutes daily

## Setup

Begin lying with a foam roll positioned horizontally across your mid back, your knees bent, feet flat on the floor, and your hands clasped behind your neck.

## Movement

Slowly bend backward over the foam roll, then return to the starting position and repeat.

## Tip

Try not to let your low back arch during the exercise - try to concentrate the movement on your upper back.

# Supine Bridge

**SETS: 3**

**REPS: 10**

**DAILY: 1**

**WEEKLY: 7**

**1**



**2**



## Setup

Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

## Movement

Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

## Tip

Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.

# Bird Dog

**SETS: 3**

**REPS: 10**

**DAILY: 1**

**WEEKLY: 7**



## Setup

Begin on all fours, with your arms positioned directly under your shoulders.

## Movement

Straighten one arm and your opposite leg at the same time, until they are parallel to the floor. Hold briefly, then return to the starting position.

## Tip

Make sure to keep your abdominals tight and hips level during the exercise.

# Prone Scapular Retraction in Abduction

**SETS: 3**

**REPS: 10**

**DAILY: 1**

**WEEKLY: 7**



## Setup

Begin lying face down with your elbows bent at 90 degrees and your arms resting on the ground directly to your sides. Your forehead should be resting on a small towel roll.

## Movement

Lift your arms toward the ceiling keeping your elbows bent at 90 degrees.

## Tip

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

# Standard Plank

**SETS: 3**

**REPS: 10**

**DAILY: 1**

**WEEKLY: 7**

**1**



**2**



## 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.

# Wall Angels

**SETS: 3**

**REPS: 10**

**DAILY: 1**

**WEEKLY: 7**



## Setup

Begin in a standing upright position with your back against a wall.

## Movement

Raise your arms out to the side with your elbows bent to 90 degrees, and rest them against the wall. Slowly slide your arms straight up the wall, then lower them back to the starting position and repeat.

## Tip

Make sure to keep your back and arms in contact with the wall, and do not shrug your shoulders or arch your lower back during the exercise. Only raise your arms as far as you can without causing pain.