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**Notes:**

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**1- Stretching side bending** - Sets:2 / Frequency:twice a day / Hold:30 seconds



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.

Only perform through pain free pressure and range of motion. If you are not able to do this pain free, discontinue this exercise.

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**2- Rotation control** - Sets:2 / Frequency:twice a day / Hold:30 seconds



Sit or stand in a good upright posture at the wall.  
Nod your chin just to neutral, with the plane of the face parallel to the wall.  
Keeping the chin nod, turn your head to one side, as far as you can go while still maintaining the pure motion.  
Do not allow the chin to poke, the head to tip back, or the head to tilt to the side.  
Feel the back of the head slide along the wall as you turn, do not pivot about the contact point.  
You may need to do this in front of a mirror to check the movement pattern.  
Keep the eyes leveled.  
Repeat in the opposite direction.

Only perform through pain free pressure and range of motion. If you are not able to do this pain free, discontinue this exercise.

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**3- Repeated cervical retraction** - Sets:2 / Repetition:10 / Frequency:twice a day



Stand or sit tall.  
Focus on an object at eye level while you slowly move your head back over your shoulder and tuck your chin in. Guide the movement with your hand on your chin.  
Return to initial position and repeat.

**4- Upper neck stretch** - Repetition:5 / Frequency:once a day / Hold:10 seconds



Sit or stand in a good upright posture up against the wall.  
Keeping the head in contact with the wall, nod your chin down towards your throat as far as you can, feeling a strong stretch in the back of the neck just below the base of the skull.  
Return back to neutral, then repeat.

Only perform through pain free pressure and range of motion. If you are not able to do this pain free, discontinue this exercise.

**5- Pectoral stretch** - Sets:2 / Frequency:twice a day / Hold:30 sec



Stand up next to a wall corner.  
Place your forearm flat along the wall.  
Lean your body forward and slightly away from your arm until you feel a stretch across your chest.  
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.

Hold the stretch for the recommended amount of time and then rest for 30 seconds before repeating.

Only perform through pain free pressure and range of motion. If you are not able to do this pain free, discontinue this exercise.

**6- Snow angel on the wall** - Repetition:10 / Frequency:once a day



Stand up with your back against the wall.  
Tighten your abdominal muscles, gently pull your shoulder blades toward each other and the back of your hands down into the wall.  
Without letting your shoulders roll forward, slowly slide your arms on the wall to raise them overhead—as high as possible with the good posture and without pain.  
Do not let your shoulders shrug toward your ears.

Only perform through pain free pressure and range of motion. If you are not able to do this pain free, discontinue this exercise.

**7- Band rowing** - Sets:2 / Repetition:10 / Frequency:once a day



Stand and tie an elastic in front of you at waist level and hold each ends with your hands. With your shoulders down and back, pull your arms back by bending the elbows and retracting your shoulder blades. Do not straighten your elbows as you pull the band toward your body. Resistance should be moderate. Slowly return to the initial position and repeat.

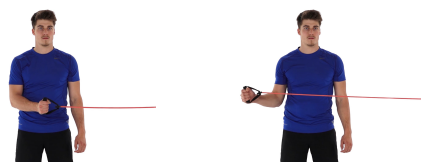
Only perform through pain free range of motion. If you are not able to do this pain free, discontinue this exercise.

**8- Extension/retraction, elastic** - Sets:2 / Frequency:twice a day / Hold:30 seconds



Stand and tie an elastic in front of you at waist level. Hold tightly both ends of the elastic in both hands. Your elbows are slightly flexed. Keeping the elbows locked, shoulders down and torso stable, pull the elastic backwards as far as possible by joining your shoulder blades together and your arms back. Slowly return to the initial position and repeat.

**9- External rotation w/ elastic** - Sets:2 / Repetition:10 / Frequency:once a day



Anchor a resistance band at elbow height at your side. Tuck your chin and squeeze back/lower slightly the shoulder then externally rotate your arm out as much as you can against the resistance of the band. Make sure your elbow does not come away from your body. Return and repeat. Keep the elbow bent 90°.

Exercise 1 : Stretching side bending		Date	Date	Date	Date	Date	Date	Date	Date	Date
	Sets:2									
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	Hold:30 seconds									
Exercise 2 : Rotation control		Date	Date	Date	Date	Date	Date	Date	Date	Date
	Sets:2									
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	Hold:30 seconds									
Exercise 3 : Repeated cervical retraction		Date	Date	Date	Date	Date	Date	Date	Date	Date
	Sets:2									
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	Frequency:twice a day									
Exercise 4 : Upper neck stretch		Date	Date	Date	Date	Date	Date	Date	Date	Date
	Repetition:5									
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	Hold:10 seconds									

Exercise 5 : Pectoral stretch		Date	Date	Date	Date	Date	Date	Date	Date	Date
	Sets:2									
	Frequency:twice a day									
	Hold:30 sec									
Exercise 6 : Snow angel on the wall		Date	Date	Date	Date	Date	Date	Date	Date	Date
	Repetition:10									
	Frequency:once a day									
Exercise 7 : Band rowing		Date	Date	Date	Date	Date	Date	Date	Date	Date
	Sets:2									
	Repetition:10									
	Frequency:once a day									
Exercise 8 : Extension/retraction, elastic		Date	Date	Date	Date	Date	Date	Date	Date	Date
	Sets:2									
	Frequency:twice a day									
	Hold:30 seconds									

Exercise 9 : External rotation w/ elastic		Date	Date	Date	Date	Date	Date	Date	Date	Date
	Sets:2									
	Repetition:10									
	Frequency:once a day									