

**SHOULDER ROLLS**

Move your shoulders clockwise in a circular pattern as shown so that you are moving in an up, back and down direction 20 times. Repeat counterclockwise. Perform small circles if needed for comfort.

Video # VV9BWMBMJ

Repeat 20 Times
Complete 1 Set
Perform 1 Times a Day

**Scapular Squeeze (Shoulder Blade Squeeze)**

Sit or stand with good posture. Squeeze your shoulder blades back and down. Hold for 5 seconds. Perform 10 repetitions.

Repeat 5 Times
Hold 5 Seconds
Complete 3 Sets
Perform 2 Times a Day

**CERVICAL CHIN TUCK**

Place your hand on your chin and slowly draw your head back into a chin tuck so that your ears line up with your shoulders.

Hold for 5 seconds, then return to original position and repeat.

Video # VVWDF2KGN

Repeat 5 Times
Hold 5 Seconds
Complete 1 Set
Perform 1 Times a Day





RHOMBOID AND MIDDLE TRAP STRETCH - CLASPED HAND

Interlace your fingers and extend your arms forward until a stretch is felt along your upper back.

NOTE: You can vary the angle of your arms downward to stretch different muscle fibers along your back.

Video # VVMVPQX76

Repeat 1 Time
Hold 30 Seconds
Complete 1 Set
Perform 1 Times a Day



UPPER TRAP STRETCH - HOLDING CHAIR AND HEAD AND HEAD

While sitting in a chair, hold the seat with one hand and place your other hand on your head to assist in bending your head to the side as shown.

Bend your head towards the opposite side of the hand that is holding the chair seat. You should feel a stretch to the side of your neck.

Video # VVQ9ZVGB4

Repeat 1 Time
Hold 30 Seconds
Complete 1 Set
Perform 1 Times a Day