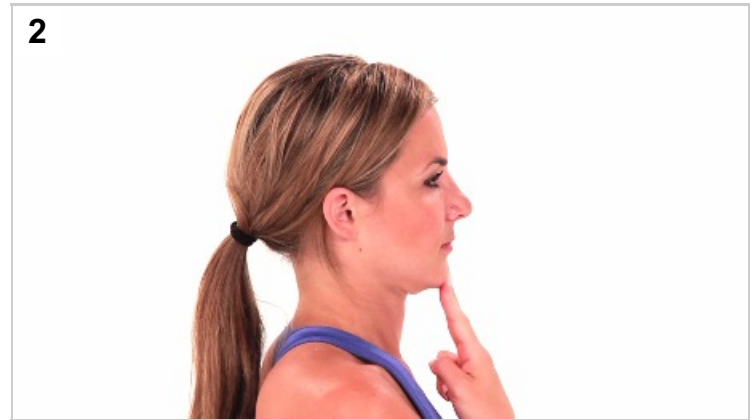


Seated Passive Cervical Retraction

REPS: 10	SETS: 1	HOLD: 2	DAILY: 3
WEEKLY: 7			



Remember: Head on a shelf. Do not let your head roll back on the shelf, it needs to slide back.

Setup

Begin sitting in an upright position.

Movement

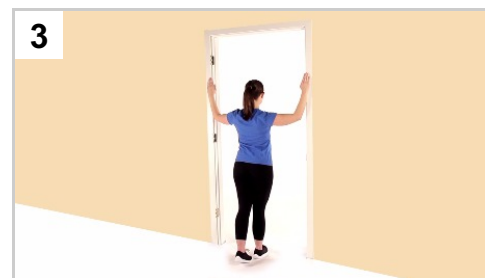
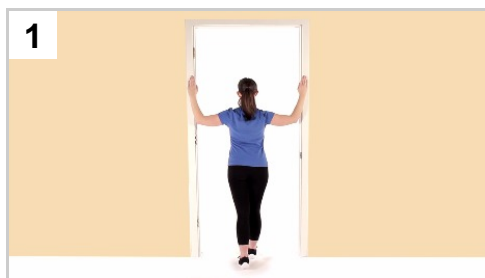
Place two fingers on your chin and gently push your chin directly backward, then repeat.

Tip

Make sure to maintain good posture during the exercise.

Doorway Pec Stretch at 90 Degrees Abduction

REPS: 2	SETS: 1	HOLD: 45	DAILY: 3
WEEKLY: 7			



Hold this position for 45-60 seconds. Remember to ease into this stretch. If you go too fast, the muscles will just fight back and not let you stretch them as well... you need to trick them :)

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.

Seated Thoracic Lumbar Extension

REPS: 10	SETS: 1	HOLD: 2	DAILY: 3
WEEKLY: 7			



Note that her arms are crossed over her chest. My preference is to interlock the hands behind the neck. This minimizes the chances of getting too much extension from your neck and increases the chances of more of the stretch going to your upper back. Take it easy with this one, slow and steady will win this race.

Setup

Begin in a sitting upright position with your arms crossed over your chest.

Movement

Slowly arch your trunk backwards and hold, then return to an upright position and repeat.

Tip

Keep your movements slow and controlled. Do not move through pain.

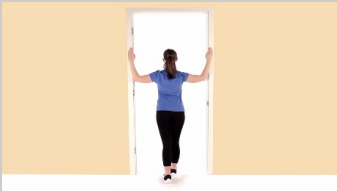
Exercise List

Seated Passive Cervical Retraction



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 1														
DAILY: 3														

Doorway Pec Stretch at 90 Degrees Abduction



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 2														
SETS: 1														
DAILY: 3														

Seated Thoracic Lumbar Extension



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 1														
DAILY: 3														