



1: Pectoralis / Biceps Stretch

- Clasp hands behind back
- Straighten arms
- Slowly move hands away from buttocks until a comfortable stretch is felt
- Hold and repeat as instructed

Sets: 1 **Reps:** 2 **Sessions:** 4 Everyday **Resistance:** As Tolerated **Hold Time:** 15s



2: Cervical Retraction

- Sit or stand in an upright position
- Bring one hand to chin
- Slowly push head straight back
- Return to starting position and repeat as instructed

Sets: 1 **Reps:** 2 **Sessions:** 4 Everyday **Resistance:** As Tolerated **Hold Time:** 15s



3: Extension - Standing

- Stand with feet shoulder width apart, thumbs on upper buttocks
- Slowly lean backward arching lower back over your thumbs

Sets: 1 **Reps:** 3 **Sessions:** 4 Everyday **Resistance:** As Tolerated **Hold Time:** 5s



4: Shoulder Shrug / Scapular Squeeze Combo

- Stand with correct posture
- Slowly shrug shoulders up toward ceiling, then squeeze shoulder blades together
- Keep chin slightly tucked during exercise
- Repeat sequence as instructed

Sets: 1 **Reps:** 5 **Sessions:** 4 Everyday **Resistance:** As Tolerated **Hold Time:** 5s