

These exercises are not intended to replace the need for formal physical therapy. Exercises should be performed in pain free range only. If you have questions if an exercise is appropriate for you, please consult your physician.

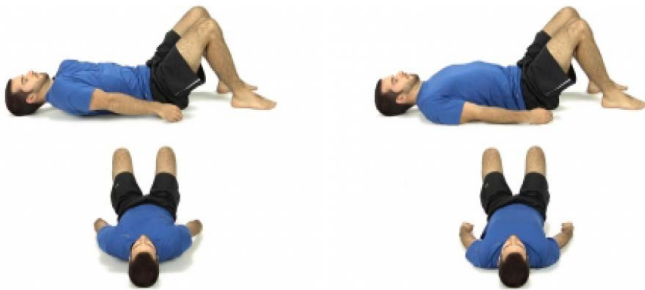
Exercises should be progressed gradually. Plan to perform 1 set of exercises to start with, and increase to 2 sets of ten, then to 3 sets of ten when the exercises become easy.

Also, if 30 seconds is too long to hold a stretch, listen to your body and stop the stretch sooner.

Collar Bone Lengtheners / Shoulder Press

Sets: 1 | **Reps:** 10 | **Freq:** 1-2 x a day | **Hold:** 5 seconds

GOAL: To open up your chest and allow for a neutral head position to improve posture.



Lie on your back with your knees bent at 90 degrees and your arms along your sides with PALMS UP (not pictured) and the lower back in neutral.

Simply resting in this posture is a spinal decompression exercise, if it is too intense, you may need a towel or pillow for neck support.

Next, press the backs of your shoulders downward towards the supporting surface. Hold this position for a count of 5 seconds as you feel your chest opening. Then relax where your body naturally rests, and repeat.

Lying Nod

Sets: 1 | **Reps:** 10 | **Freq:** 1-2 x a day | **Hold:** 5 seconds

GOAL: To correct a forward head position and strengthen neck postural muscles.



This is a gentle and small exercise, so there should be no pain while performing this exercise.

Lie on your back with your knees bent with a firm towel roll filling in the space under your neck.

Place your hand across the front of your neck just above the collar bone to monitor unwanted activity of the surface muscles.

Place your tongue on the roof of your mouth and relax your jaw.

Think of your head as a ball and roll it down into a nod as far as you can go without the surface muscles tightening under your hand. Hold the nod at that point.

Do not lift your head or push it back into the towel as you nod.

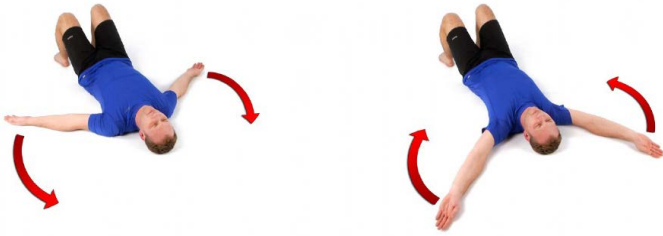
Then relax and return your head to the starting position.

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Snow Angel

Sets: 1 | **Reps:** 10 | **Freq:** 1 x a day | **Hold:** 5 seconds

GOAL: To improve mobility throughout your cervical and thoracic spine, as well as bilateral shoulders.



Lay on your back with your arms at your sides, your knees bent, and your feet flat on the floor.

Tighten your abdominal muscles, and pull your shoulder blades toward each other and push the back of your hands down into the floor gently.

Without letting your shoulders roll forward, slowly slide your arms on the floor to raise them overhead as high as possible, with the good posture and without pain. Arms should remain on supporting surface at all times.

Do not let your shoulders shrug toward your ear.

Stretching Side Bend

Sets: 2-3 | **Reps:** 10 | **Freq:** 1-2 x a day | **Hold:** 30 seconds

GOAL: To stretch neck muscle to alleviate tension and improve mobility.



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.

This should be a comfortable stretch. Do not overdo it. Maintain the position for at least 30 seconds. Do not turn your head or tilt it forward or backwards while you perform this stretch.

Sternum Lifts

Sets: 1 | **Reps:** 10-15 | **Freq:** 1 x a day | **Hold:** till fatigue

GOAL: to improve your overall posture to alleviate muscles in the neck and shoulders, and get stronger to be able to maintain healthy posture throughout the day.



Sit tall on a chair without the back supported, feet firmly planted, equal weight on the 'SIT' bones.

Lift up through the breastbone, to straighten the trunk, but do not over arch. Keep the lower rib cage relaxed and down. Notice how your shoulder stay soft and relaxed in this posture.

There is no need to actively pull your shoulders back.

Next, draw the head back in line with the shoulders, keeping the chin slightly tucked, thinking of lifting the back of the skull up off the neck, elongating the back of the neck. You should feel like you can breathe easily in the posture and that you are able to hold the posture for prolonged periods of time. If not, keep working on it, and as you do your postural muscles will get stronger. You are changing a longtime habit - give it time.

Chin Nod

Sets: 2-3 | **Reps:** 10 | **Freq:** 1-3 x a day | **Hold:** 5 seconds

GOAL: To correct a forward head position and strengthen neck postural muscles.



Sit/stand up straight, and look directly ahead of you.

Slowly tuck your chin down, and gently retract your head backwards. Feel the back of your neck lengthen in the process. You may even notice a stretching sensation to the back of your neck, which is ok.

This is a gentle and small exercise, so there should be no pain while performing this exercise.

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Levator Scapulae Stretch

Sets: 2-3 | **Freq:** 1-2 x a day | **Hold:** 30 seconds

GOAL: to stretch neck muscle to alleviate tension and improve mobility.



Place one hand behind your buttock to lower your shoulder.

Turn your head to the opposite side and look down.

If you want more of a stretch, gently pull down on your head with the other hand and maintain the position when you feel a stretching sensation. Repeat.

Corner Stretch

Sets: 2-3 | **Freq:** 1-2 x a day | **Hold:** 30 seconds

GOAL: to stretch the pectoral muscles and create more flexibility for correct posture.



Stand in a wall corner and place one arm on each wall, facing the corner.

With your elbows bent to 90 degrees, move forward into the corner of the wall until you feel a comfortable stretch in the pectorals.

Hold the stretch for the recommended time.

Shoulder Raises

Sets: 1 | **Reps:** 10 | **Freq:** 1 x a day | **Hold:** 5 seconds

GOAL: To improve mobility of the thoracic (midback) and shoulder flexibility.

Stand with a stick/broom/golf club in both hands. You can also hold a towel under tension if you have none of the previous mentioned items.

Inhale and slowly raise your arms overhead. Exhale and slowly lower the arms down to the resting position.

