

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.

## Horizontal Abduction to Chin

**Sets:** 1-2 | **Reps:** 10-15

**Freq:** 4 x a week | **Hold:** 3 seconds

**GOAL:** To improve strength of muscles of your upper back to help with posture.



Lay down on your back up and hold a band in both hands in front of your chest.

Keeping your elbows straight, pull the band to the sides taking it toward your chin.

Come back to the starting position and repeat the exercise.

Can perform standing as well, if you can avoid compensation patterns in your neck.

## Shoulder Extension with Theraband

**Sets:** 1-2 | **Reps:** 10-15

**Freq:** 4 x a week | **Hold:** 3 seconds

**GOAL:** To strengthen upper back muscles, and improve spinal stability by maintaining correct posture throughout the exercise.



Set yourself up with good posture and hold this posture throughout the exercise.

Hold the ends of the elastic with your elbows straight. Keep your arms straight throughout this exercise.

Initiate the motion with the shoulder blades, opening up through the front of the shoulders and drawing the blades backward. Do not shrug your shoulders up.

Then slowly pull the arms down to your sides - not behind you.

Pause at the end of the movement, then slowly return to the starting position.

Concentrate on quality of the movement, controlling your head and shoulders posture before increasing the resistance.

*Continued on back*

## Elastic Row

**Sets:** 1-2 | **Reps:** 10-15

**Freq:** 4 x a week | **Hold:** 3 seconds

**GOAL:** To strengthen upper back muscles, and improve spinal stability by maintaining correct posture throughout the exercise.



Anchor the band in front of you (either around a pole or around the doorknob, with the door closed), holding the ends of the band.

Set yourself up with good active posture, unlocking your knee, bracing your core, lifting your chestbone up, and applying a slight chin tuck. Breathing should be easy and soft.

To start, the arms should be out straight in front of you, but be mindful that your shoulders stay down from your ears.

Pull on the band with both hands by bringing the elbows to your sides at the same time. Slowly, with control, release back to starting position.

This is a strengthening exercise, which should feel like work. If you need to ease it up, step a bit closer, or give yourself a bit more slack on the band. If you need to increase the resistance, do the opposite, or progress to the next level band.

## Extended Rotation with Band

**Sets:** 1-2 | **Reps:** 10-15

**Freq:** 4 x a week | **Hold:** 3 seconds

**GOAL:** To improve strength of muscles of your upper back to help with posture.



Stand and hold the elastic band in your hands, with palms facing up, and take up the slack. Tuck your elbows in by your sides and bend your elbows 90 degrees.

Squeeze your shoulder blades together and rotate your hands away from each other, keeping your elbows tucked in by your sides.

You will feel your muscles work in the back of your shoulders and back. Remember to pull symmetrically, and use a mirror to monitor the movement.

Return and repeat.