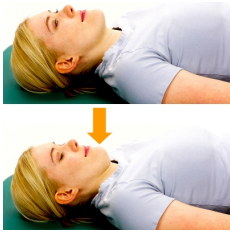


1



CHIN TUCK - SUPINE

While lying on your back, tuck your chin towards your chest and press the back of your head into the table.

Repeat 10 Times
Hold 3 Seconds
Complete 3 Sets
Perform 2 Time(s) a Day

5



CAT AND CAMEL

While on your hands and knees in a crawl position, raise up your back and arch it towards the ceiling.

Repeat 20 Times
Hold 2 Seconds
Perform 2 Time(s) a Day

2

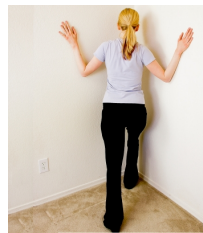


UPPER TRAP STRETCH

Begin by retracting your head back into a chin tuck position. Next, place one hand behind your back and gently draw your head towards the opposite side with the help of your other arm.

Repeat 3 Times
Hold 20 Seconds
Perform 3 Time(s) a Day

6



CORNER STRETCH - W

While standing at a corner of a wall, place your arms on the walls in the shape of a "W" so that your elbows are bent and pointed towards the ground as shown. Take one step forward towards the corner. Bend your front knee until a stretch is felt along the front of your chest and/or shoulders. Your arms should be pointed downward towards the ground.

Repeat 3 Times
Hold 20 Seconds
Perform 3 Time(s) a Day

3



LEVATOR SCAPULAE STRETCH

Place the arm on the affected side behind your back and use your other hand to draw your head downward and towards the opposite side.

Repeat 3 Times
Hold 20 Seconds
Perform 3 Time(s) a Day

4



CLASPED HAND STRETCH

Interlace your fingers and then draw your hands forwards 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. Also vary the angle of head bending.

Repeat 3 Times
Hold 20 Seconds
Perform 3 Time(s) a Day