



CERVICAL EXTENSION

Tilt your head upwards, then return back to looking straight ahead.

Repeat 2 Times
Hold 2 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



CERVICAL FLEXION

Tilt your head downwards, then return back to looking straight ahead.

Repeat 2 Times
Hold 3 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



CERVICAL SIDE BEND

Tilt your head towards the side, then return back to looking straight ahead. (Be sure to keep your eyes and nose pointed straight ahead the entire time)

Repeat 2 Times
Hold 2 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



CERVICAL ROTATION

Turn your head towards the side, then return back to looking straight ahead.

Repeat 2 Times
Hold 2 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



SHOULDER ROLLS

Move your shoulders in a circular pattern as shown so that you are moving in an up, back and down direction. Perform small circles if needed for comfort.

Repeat 5 Times
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day



Arm Circles

Bring arms out to side. Do one set going clockwise and one set going counter clockwise.

Repeat 3 Times
Complete 1 Set
Perform 1 Time(s) a Day



RHOMBOID AND MIDDLE TRAP STRETCH - CLASPED HAND

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.

Repeat 2 Times
Hold 3 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



Anterior Chest Stretch

If possible, grasp hands behind butt. You are trying to joint pinky sides of your hands, without stressing out your elbows, wrist, etc. If this is not attainable, use a towel behind your back to find a gentle stretch. You should feel the stretch in the front of your chest wall and shoulders.

Repeat 2 Times
Hold 3 Seconds
Perform 1 Time(s) a Day



WRIST FLEXOR STRETCH

Use your unaffected hand to bend the affected wrist up as shown.

Keep the elbow straight on the affected side the entire time.

Repeat 2 Times
Hold 2 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



WRIST EXTENSOR STRETCH

Use your unaffected hand to bend the affected wrist down as shown.

Keep the elbow straight on the affected side the entire time.

Repeat 2 Times
Hold 2 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



UPPER TRUNK ROTATIONS - UTR

Cross your arms over your chest, then twist your trunk to the side.

Repeat 3 Times
Hold 2 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



STANDING EXTENSIONS

Start by standing and place your hands on your hips with your thumbs grasping your low back. Lean back to arch your back then return to starting position. Use your thumbs to help isolate where you want to bend.

Repeat 3 Times
Hold 2 Seconds
Complete 1 Set
Perform 1 Time(s) a Day