1. Assisted trunk rotation

- Sit on a chair with your back in neutral position (slightly arched) and your chin tucked in.
- Turn your upper body to one side moving at the middle back.
- Increase the stretch by pulling yourself with the back of the chair.
- Return to the initial position and repeat.

Repetition: 10  Frequency: 3 x day

2. Assisted active neck rotation

- Stand or sit tall.
- Slowly rotate head to bring chin over shoulder and look to the side.
- Apply gentle pressure to opposite cheek bone with your hand to assist movement.
- Return to neutral position.

Repetition: 10  Frequency: 3 x day

3. Trunk flexion/extension

- This can be done with a stick or a low chair.
- Sit down on a chair with a straight posture.
- Place your hands behind your head.
- Slowly flex the trunk by rounding the upper back then extend back over the backrest of the chair.
- Repeat.

Repetition: 10  Frequency: 3 x day


- Sit in a chair and grasp the seat with your affected hand to lower your shoulder.
- Tilt your head to the opposite side while tucking in your chin and flexing the neck as to look at your toes.
- You may also place your other hand on your head and pull it down until a stretch is felt on top of the shoulder.
- Maintain the stretch and relax.

Repetition: 3  Frequency: 3 x day  Hold: 20 sec sec.

5. Repeated lumbar extension

- Stand with your chin tucked in and place your hands on your buttocks. Bend your back backwards, arching the lower back and keep your chin tucked in (look forward). Return to the starting position and repeat.

Repetition: 10  Frequency: 3 x day
6. Pec stretch through door

- Stand in a doorway with your arms in the door frame or alternatively use a corner
- Lean forwards until you feel a stretch across both sides of the chest.
- Hold for 20-30 seconds
- Can do snow angels on the outside of the door frame

Repetition: 3  Frequency: 3 x day  Hold: 20 sec sec.

7. Arm openers

- Lie on your side with your hips and knees flexed, head supported and arms extended in front of you with your hands together.
- Protract your shoulder blade by reaching forward with your top hand, then retract back and slowly lift your arm and rotate your trunk to reach the ground on the opposite side.
- Make sure you look at your fingertips during the entire movement to make sure you are rotating your spine and not only moving your arm.
- Come back to the starting position and repeat.
- Your lower back, hips and legs should remain still during the exercise.

Repetition: 10  Frequency: 3 x day

8. Sideways child’s pose

- Start in an all fours position, hands under shoulders and knees under hips.
- Inhale and engage your deep abdominals by drawing the belly button in towards the spine.
- Exhale and reach your right arm (pinky side of hand resting on floor) under torso towards the left, bending the left elbow to bring your shoulder/head to mat. Gently rest your head on mat. If your shoulder or head do not reach the mat, tuck a soft block underneath.
- Stay in this position and breathe (3 to 5 breath cycles).
- To come out of the position, press down through the left hand to lift your body, slide the right hand back and return to the starting position on all fours.
- Repeat on opposite side.

Repetition: 10 each  Frequency: 3 x day

9. Thoracic extension mobility

- Place your foam roller on the floor and lie on your back with your knees bent and the foam roller at the level of your shoulder blades.
- With your arms behind your head, lower your head as close as you can to the floor until you feel a stretch behind your back.
- Maintain your abs tight and proper low back posture during the exercise.

Repetition: 10  Frequency: 3 x day

10. Back extension on all four

- Start on all four.
- First, engage your pelvic floor muscles by contracting the same muscles that you would use to stop the flow of urine. Then, exhale while pulling the belly in like a zipper from the bottom to the top and arch your back.
- Relax and repeat the exercise.
- Keep your hips behind your knees and your hands in front of your shoulders.

Repetition: 10  Frequency: 3 x day
Notes:

11. Passive ROM Extension
- Lie on your stomach with hands under your shoulders.
- Push up with your arms and lift gradually your head then your upper back all the way to your lower back keeping the back relaxed and your pelvis on the floor. Do not tense your back muscles and keep your pelvis and legs relaxed.
- Only lift as far as you are comfortably able. You may feel a slight tension in your low back. Then lower down to your starting position.
- Repeat 10 times.

Repetition: 10  Frequency: 3 x day

12. Dumbbell upright row
- Hold a pair of dumbbells in your hands about shoulder width.
- Keep your chest out and shoulders back and pull the dumbbells towards your chin.
- Keep the weights close to your body at all times and do not swing the movement.

Sets: 3  Repetition: 5-8  Frequency: 2-3 x week

13. DB bent-over row
- Hold the dumbbells with a neutral grip (palms facing each other)
- Bend your knees, push your hips back and lean forward with your torso. Try to be in a 45° angle or more.
- With your chest out and back straight, row the dumbbells in a controlled movement to your sides, in line with your navel.
- Do not poke forward with your chin/Head.
- Never round your lower back.

Sets: 3  Repetition: 5-8  Frequency: 2-3 x week

14. Shrugs with weight
- Hold onto weight. Have your arms slightly out away from shoulder
- Shrug from shoulder, keeping elbows straight.

Sets: 3  Repetition: 5-8  Frequency: 2-3 x week

15. Scapular retraction
- Lie on your stomach with your arms by your sides.
- Slowly lift your shoulders off the table and squeeze the shoulder blades together.
- Lower the arms slowly on the table/floor and repeat.
- You can place a rolled towel under the forehead so the head is aligned with the spine and the face is off the table.

Sets: 3  Repetition: 5-8  Frequency: 2-3 x week
16. Shoulder extension/retraction

- Lie on your stomach with a small rolled towel under the forehead and one small weight in each hand.
- Start with your arms at your sides and raise your arms off the floor, keeping the elbows straight.
- Try to squeeze your shoulder blades together and down as you do the movement.

Sets: 3  Repetition: 5-8  Frequency: 2-3 x week

17. Extension/retraction, elastic

- Stand and tie an elastic in front of you at waist level.
- Hold tightly both ends of the elastic in both hands. Your elbows are slightly flexed.
- Keeping the elbows locked, shoulders down and torso stable, pull the elastic backwards as far as possible by joining your shoulder blades together and your arms back.
- Slowly return to the initial position and repeat.

Sets: 3  Repetition: 5-8  Frequency: 2-3 x week
Notes:

Exercise#1 : Page 1 GEN17853 Assisted trunk rotation
Repetition: 10    Frequency: 3 x day

Exercise#2 : Page 1 XGEN2052 Sitting assisted active neck rotation
Repetition: 10    Frequency: 3 x day

Exercise#3 : Page 1 GEN109448 Trunk flexion/extension
Repetition: 10    Frequency: 3 x day

Exercise#4 : Page 1 XGEN1522 Sitting, upper trap (neck) stretch with arm stabilized on chair
Repetition: 3    Frequency: 3 x day    Hold: 20 sec sec.

Exercise#5 : Page 1 XGEN2213 Repeated lumbar extension
Repetition: 10    Frequency: 3 x day

Exercise#6 : Page 2 GEN15446 Passive shoulder external rotation in door frame (pectoral stretch)
Repetition: 3    Frequency: 3 x day    Hold: 20 sec sec.

Exercise#7 : Page 2 GEN100051 Thoracic mobility exercise: arm openers
Repetition: 10    Frequency: 3 x day

Exercise#8 : Page 2 GEN139679 Sideways child’s pose
Repetition: 10 each    Frequency: 3 x day

Exercise#9 : Page 2 GEN13807 Passive thoracic extension mobility on foam roll
Repetition: 10    Frequency: 3 x day

Exercise#10 : Page 2 GEN132677 Back extension on all four
Repetition: 10    Frequency: 3 x day

Exercise#11 : Page 3 XGEN2151 Passive ROM Extension
Repetition: 10    Frequency: 3 x day

Exercise#12 : Page 3 REN9539 Dumbbell upright row
Sets: 3    Repetition: 5-8    Frequency: 2-3 x week

Exercise#13 : Page 3 REN9296 Dumbbell bent-over row
Sets: 3    Repetition: 5-8    Frequency: 2-3 x week

Exercise#14 : Page 3 GEN16394 Standing, shrugs in 30 degrees abduction with weights
Sets: 3    Repetition: 5-8    Frequency: 2-3 x week

Exercise#15 : Page 3 XGEN2139 Prone lying scapular retraction
Sets: 3    Repetition: 5-8    Frequency: 2-3 x week
Exercise#16 : Page 4 GEN87075 Shoulder extension/retraction
Sets: 3  Repetition: 5-8    Frequency: 2-3 x week

Exercise#17 : Page 4 GEN12454 Standing, extension/retraction (lower trapezius) with elastic (L-row)
Sets: 3  Repetition: 5-8    Frequency: 2-3 x week