



1: Cervical / Thoracic Stretch

- Clasp hands in front of body
- Straighten arms
- Slowly arch upper back while bringing chin toward chest until a comfortable stretch is felt
- Hold and repeat as instructed

Reps: 3 Sessions: 2 Everyday **Hold Time: 20s**



2: Spinal Flexion / Extension Seated

- Sit in chair with hands behind head and back straight, feet a little wider than shoulder width apart
- Slowly bend forward, starting at the waist and gradually bending upper trunk and head toward the floor
- Return to upright position, leading with the head

Reps: 3 Sessions: 2 Everyday **Hold Time: 20s**



3: Shoulder Shrug / Scapular Squeeze Combo

- Stand with correct posture
- Slowly shrug shoulders up toward ceiling, then squeeze shoulder blades together
- Keep chin slightly tucked during exercise
- Repeat sequence as instructed

Reps: 10 Sessions: 2 Everyday



4: Trunk Rotation Stretch in Sidelying

- Lie on side with head supported on a pillow, arms extended out in front with one hand resting on top of other hand
- Bend hips and knees to 90 degrees
- Extend top arm up toward ceiling then to floor behind you
- Follow your hand with your eyes
- Repeat as instructed

Reps: 3 Sessions: 2 Everyday **Hold Time: 20s**