

1



**Chin tuck with reverse fly**  
 Lying on your back, place a towel roll under the base of your head and hold a theraband with a straightened elbow. Perform a chin tuck and slowly pull your arms apart, squeezing your shoulder blades together.

Repeat 10 Times  
 Hold 5 Seconds  
 Complete 1 Set  
 Perform 2 Time(s) a Day

5



**Scaption**  
 Start Position: Brace your core, pull your shoulder blades back  
 End Position: While maintaining erect posture and shoulder blades back raise your arms up against the resistance of the band.

Repeat 10 Times  
 Hold 5 Seconds  
 Complete 1 Set  
 Perform 2 Time(s) a Day

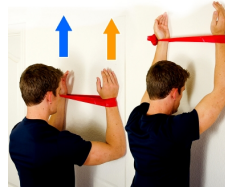
2



**Cervical Ventral FLEXion unloaded with SH EXT**  
 Lay on your back with your chin gently tucked. Hold onto bands with your arms flexed at 90 degrees and then pull down to your sides.

Repeat 10 Times  
 Hold 5 Seconds  
 Complete 1 Set  
 Perform 2 Time(s) a Day

6



**SERRATUS WALL SLIDE - ELASTIC BAND**  
 Place an elastic band around your arms at the level of your wrists as shown. Next, place your forearms and hands along a wall. Protract your shoulder blades forward and then slide your arms up the wall as shown.

Repeat 10 Times  
 Hold 5 Seconds  
 Complete 1 Set  
 Perform 2 Time(s) a Day

3



**Shoulder Shrugs**  
 Place theraband under feet and hold each end. Pull theraband tight and shrug shoulders.

Repeat 10 Times  
 Hold 5 Seconds  
 Complete 1 Set  
 Perform 2 Time(s) a Day

7



**DOORWAY STRETCH**  
 While standing in a doorway, place your arms up on the door jam and place one foot forward through the doorway as shown. Next, bend the front knee until a stretch is felt along the front of your chest and/or shoulders.

Repeat 3 Times  
 Hold 15 Seconds  
 Complete 1 Set  
 Perform 2 Time(s) a Day

4



**reverse flies**  
 Wrap theraband around anchor. While holding each end, stand back with arms out until the band is tight and elbow straight. While keeping arms straight, open arms out as far as possible.

Repeat 10 Times  
 Hold 5 Seconds  
 Complete 1 Set  
 Perform 2 Time(s) a Day

8



**Mid-thoracic stretch**  
 Clasp hands together and reach forward and down until you feel a stretch in the upper back. Bend the head down to complete the stretch.

Repeat 3 Times  
 Hold 15 Seconds  
 Complete 1 Set  
 Perform 2 Time(s) a Day