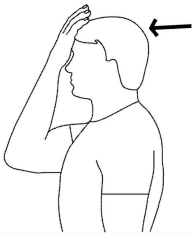


Isometric forward neck push

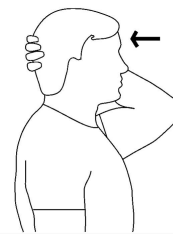


- Place palm against forehead.
- Push forehead into palm, not allowing neck to bend.

Perform 1 set of 5 Repetitions, once a day.

Hold exercise for 8 Seconds.

Isometric neck back push

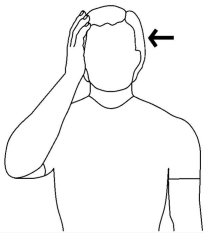


- Place palm against back of head.
- Push back of head into palm, not allowing neck to bend.

Perform 1 set of 5 Repetitions, once a day.

Hold exercise for 8 Seconds.

Isometric side neck push

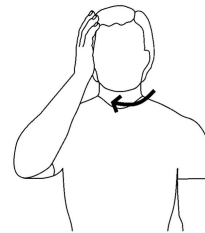


- Place palm against same side of head.
- Push head into palm, not allowing neck to bend.
- Repeat with other side.

Perform 1 set of 5 Repetitions, once a day.

Hold exercise for 8 Seconds.

Isometric neck twist push

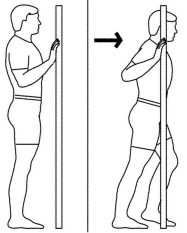


- Place palm against side of face as shown.
- Push face into palm, trying to rotate toward palm, not allowing neck to turn.
- Repeat with other side.

Perform 1 set of 5 Repetitions, once a day.

Hold exercise for 8 Seconds.

Pectoral door stretch



- Stand in doorway or in corner.
- Place arms at chest level on sides of doorway as shown.
- Gently step forward, keeping back straight.
- Return to start position.

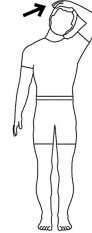
Special Instructions:

Place both hands at waist level or at head level to stretch different portions of muscle.

Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

Upper trapezius stretch



- Sit or stand.
- Place hand on top of head.
- Keep head facing forward and gently pull head sideways as shown.
- Repeat with other side.

Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

Exercises are typically listed in order from least difficult to most difficult. Start with the first 2-4 exercises. If they are not challenging, skip further down the document and perform more challenging exercises. Exercises and stretches can be uncomfortable, but should not be painful. Spend no more than 10 minutes a day on these exercises, but try to do them daily.

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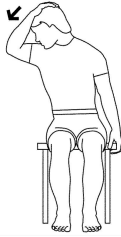
These exercises are to be used only under the direction of a licensed, qualified professional.

Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.

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Levator scap stretch



- Sit on chair
- Grasp seat with the hand on the side of the tightness.
- Place your other hand on head and gently pull down and diagonally to other side.

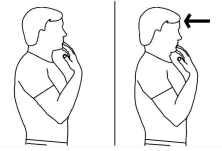
Special Instructions:

Look in the direction you are pulling.

Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

Chin tuck



- Sit or stand, looking forward, with good posture.
- Tuck chin in.
- Return to start position.

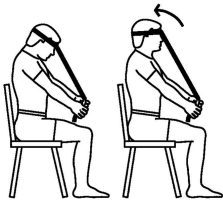
Special Instructions:

To progress, place finger on chin, apply backwards pressure.

Perform 5 sets of 5 Repetitions, three times a day.

Perform 1 repetition every 4 Seconds.

Elastic neck back



- Sit with good posture.
- Loop elastic around head, just above ear.
- Hold elastic in both hands.
- Start with head bent forward.
- Pull head back to upright.
- Return to start position.

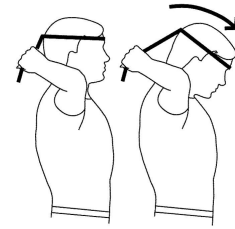
Perform 2 sets of 10 Repetitions, once a day.

Use green Elastic.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Elastic neck forward bend



- Sit with good posture.
- Loop elastic around forehead.
- Hold elastic behind head.
- Looking straight ahead, bend neck forward.
- Return to start position and repeat.

Special Instructions:

Move in painfree range.

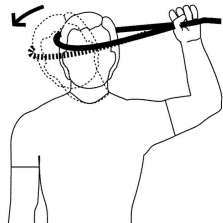
Perform 2 sets of 10 Repetitions, once a day.

Use green Elastic.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Elastic neck sidebend



- Sit with good posture.
- Loop elastic around head, just above ear.
- Hold elastic in hand.
- Looking straight ahead, bend neck sideways, moving ear toward opposite shoulder.
- Return to start position.

Special Instructions:

Move in painfree range.

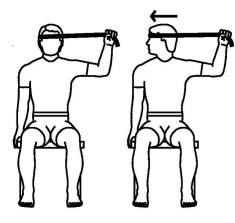
Perform 2 sets of 10 Repetitions, once a day.

Use green Elastic.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Elastic head turn



- Sit with good posture.
- Loop elastic around head, just above ear.
- Hold elastic in hand.
- Looking straight ahead turn head away from hand.
- Return to start position.
- Repeat sets on other side.

Perform 2 sets of 10 Repetitions, once a day.

Use green Elastic.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

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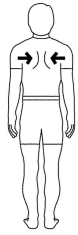
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Double scap squeeze



- Stand with arms at sides.
- Squeeze both shoulder blades together.
- Relax and repeat.

Perform 2 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Side arm rows

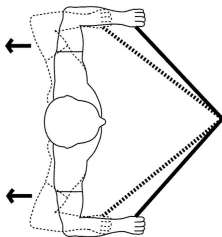


- Attach elastic to secure object.
- Grasp elastic in hands.
- Sit in chair with back unsupported, maintaining proper posture.
- Keep elbows near sides, elbows bent.
- Squeeze shoulder blades together, pulling arms back.
- Slowly return to start and repeat.

Perform 3 sets of 10 Repetitions, once a day.

Use green Elastic.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

'W's'

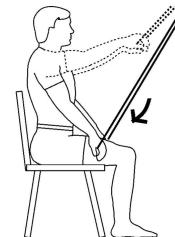


- Position arms out from sides, elbows bent to 90 degrees, as shown.
- Grasp elastic in hands.
- Pull back, bringing shoulder blades together.
- Return to starting position.

Perform 3 sets of 10 Repetitions, once a day.

Use green Elastic.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Pull downs



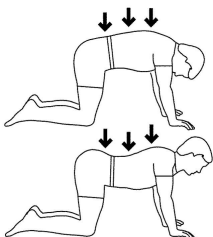
- Attach elastic to secure object.
- Sit with trunk supported facing elastic as shown.
- Grasp elastic with both hands, keeping elbows straight.
- Pull arms down and then return to start position.

Special Instructions:

Perform 3 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Cat camel combo



- Begin in 4 point kneeling, back in neutral position.
- Tuck chin in and continue by rounding back upward one segment at a time.
- Reverse by letting back arch one segment at a time, but keep neck in neutral at the end.

Perform 3 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Thoracic rotation stretch



- Lie on side with hips and knees bent at 90 degrees.
- Place arms out in front, palms together.
- Slowly lift top arm up and gently lower to floor.
- Try to get upper arm, forearm, and hand on floor.
- Keep knees on floor.
- Return arm back to start position.
- Repeat stretch on other side.

Special Instructions:

When raising arm back up, inhale first and exhale as arm is lifted.

Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

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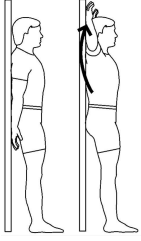
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Wall angel



- Lie on floor or stand against wall.
- Keep low back flat on floor or wall.
- Bring arms up from side, with palms forward.
- Keep arms in contact with floor or wall.

Special Instructions:

Low back must remain flat. Move arms only as far as is possible to keep low back flat. To make mobilization easier, stand with feet farther away from wall.

Perform 2 sets of 5 Repetitions, once a day.

Rest 1 Minute between sets.

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