

1 Active scapular retraction



Reps: 3 Hold: 10 sec

Sit with an upright posture at a table with your arms resting on the surface.

With the arms relaxed, pull back using your shoulder blades, all the way through.

The goal of this exercise is to engage the muscles around your shoulder blade.



2 Seated posture education



Freq: check at regular intervals throughout the day

In a sitting position, it is important to correct your posture and always maintain a neutral spine.

Sit tall on a chair without the back supported, feet firmly planted, equal weight on the 'SIT' bones.

Start by lifting up through the low back to roll directly on the SIT bones, creating a slight arch in the low back.

Next lift up through the breastbone, to straighten the trunk, but do not over arch. Keep the lower rib cage relaxed and down. Gently draw your shoulder blades back, opening up through the front of the shoulders.

Then draw the head back in line with the shoulders, keeping the chin slightly tucked, elongating the back of the neck. Think of a string lifting up through the top of the head.



3 Stretching pectorals



Reps: 3 Freq: 1-2x/day Hold: 20sec

Stand up straight in front of an open doorway.

Place your hands onto either side of the doorway at shoulder level.



Lean your body weight forward until you feel a stretch along your chest and in front of your shoulders.

Maintain the position and relax.

4 Opening shoulders stretch



Reps: 3 Freq: 1-2x/day Hold: 20

Hold both arms out, parallel to the ground and palms facing downwards.

Rotate the hand backwards trying to rotate your thumbs back as much as you can comfortably do.

Repeat as recommended.



5 Repeated cervical retraction



Sets: 1 Reps: 10 Hold: 5-10 sec

Stand or sit upright.

Look at an object at eye level and slowly move your head back, tucking your chin.

Guide the movement by placing your finger on your chin.

Return to the starting position and repeat.

