

*Scapula squeeze/Scapular retraction: Squeeze shoulder blades together. 3 sets of 10 repetitions (can use band)



*Cervical Extension: Look slowly overhead.

Hold 5-10 seconds, repeat 3-5 times



Figure 1: Shoulder rolls

*Shoulder rolls: Correct posture every 30 min.



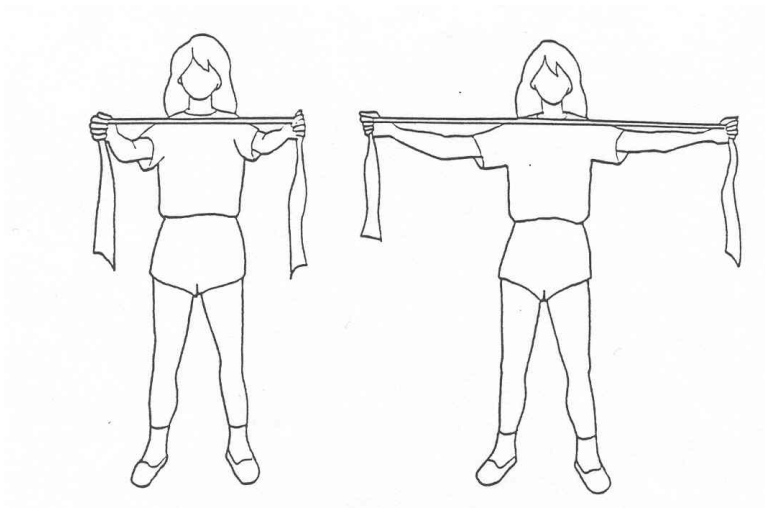
*Sternocleidomastoid stretch: Rotate head to side then tilt head back. Hold 10-20 seconds, repeat 3-5 times on each side. Stretching SHOULD NOT HURT!



*Upper trapezius stretch: Tilt ear toward shoulder until a pull is felt. Grasp head with hand for added pull, if needed. Hold 10-20 seconds, repeat 3-5 times on each side.



* Pectoralis stretch: Extend shoulders and arms behind body until you feel a stretch across chest. Hold 10-20 seconds, repeat 3-5 times.



*Horizontal abduction: Hold band out in front of body with arms straight. Pull arms apart and squeeze shoulder blades together as you pull. Repeat 3 sets of 10 repetitions.