



C/S ROM - Flexion

Sitting tall with shoulders relaxed down and back.
Tuck chin into neck and then slowly bend head straight forward.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



C/S ROM - Extension

Sitting tall with shoulders relaxed down and back.
First perform a chin tuck / neck retraction then raise chin straight up to ceiling as far as comfortable.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



C/S ROM - Lat Bending

Sitting tall with shoulders relaxed down and back.
Tip head straight sideways, ear to shoulder, as far as comfortable.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



C/S ROM - Rotation

Sitting tall with shoulders relaxed down and back.
Turn head to one side as far as comfortable.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Neck Retraction - Seated

Sitting tall, shoulders relaxed.
Tuck chin into neck and gently slide head backwards.
Hold, release and repeat.

Sets:	1
Reps:	15-20
Weight:	
Hold:	4 sec
Rest:	30-60
hourly	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



'Brugger' Postural Relief Position

Sitting at edge of chair, feet and knees wider than pelvic width and rotated slightly outward.
Maintaining a chin tuck, raise chest up, allowing spine to relax into a gentle arch.
Relax shoulders and rotate arms / hands so that thumbs point backward.
Hold, breath, release and repeat throughout the day.

Sets:	2
Reps:	3
Weight:	
Hold:	30 sec
Rest:	30-60
hourly	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Pectorals - Corner / Doorway

Facing corner or standing through a doorway.
Place forearms on each wall at shoulder height.
Slowly lean chest forward into corner, keeping upper body tall, to feel a stretch in the front of the chest.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Traps - Self Traction

Sitting tall, grasp back edge of a chair with hand of side to be stretched.
Turn head toward that same side and lean head and body away to feel a stretch in the side of the neck.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Levator - Self Traction Chair

Sitting tall, grasp back edge of the chair with hand of the side to be stretched.
Turn head to opposite side and flex head forward ('nose toward elbow').
Let body lean to feel a stretch in the back and side of the lower neck.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Wall Slides / Scap. Retraction

Sitting on a stool with back against wall, arms raised overhead.
Keeping forearms and back of hands in contact with the wall at all times, slowly slide arms down wall as you squeeze shoulder blades together.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31