



## SCALENE STRETCH

While sitting in a chair, hold the seat with one hand and place your other hand on your head to assist in bending your head to the side as shown.

Bend your head towards the opposite side of the hand that is holding the chair seat. You should feel a stretch to the side of your neck.

Video # VV4XTDTNB

**Repeat** 10 Times  
**Hold** 10 Seconds  
**Complete** 1 Set  
**Perform** 1 Times a Day



## UPPER TRAP STRETCH

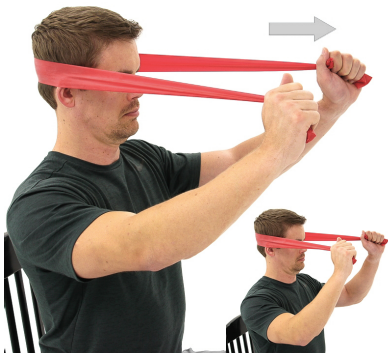
Grab the chair seat and then tilt your head downward as in looking at your opposite knee.

Use your other hand and apply over pressure by gentling pulling.

You should be looking towards your opposite knee of the target side.

Video # VVNUF63CX

**Repeat** 10 Times  
**Hold** 10 Seconds  
**Complete** 1 Set  
**Perform** 1 Times a Day



## BAND NECK EXTENSION ISOMETRICS

Sit in a chair

Place an elastic band around the back of your head and hold the ends out in front of your face as shown.

Pull the band forward with both arms causing tension in the band as you maintain good cervical posture and not allow your head to move. Release the band as you move your arms back towards your head and then repeat.

Video # VVHDKX8RW

**Repeat** 10 Times  
**Hold** 10 Seconds  
**Complete** 1 Set  
**Perform** 1 Times a Day



### BAND NECK EXTENSION ISOMETRICS

Sit in a chair

Place an elastic band around the side of your head and hold the ends out to the side of your face as shown.

Pull the band to the side with one arm causing tension in the band as you maintain good cervical posture and not allow your head to move. Release the band as you move your arm back towards your head and then repeat.

Video # VVATYW34P

**Repeat** 10 Times  
**Hold** 10 Seconds  
**Complete** 1 Set  
**Perform** 1 Times a Day



### Band Horizontal Abduction

Sit with band in both hands. Keep your elbows straight with arms outstretched in front of you. Slowly move your hands apart to increase tension on the band. Continue until your arms are outstretched at your sides. Then slowly move your hands back together in front of you.

Keep your movement slow and controlled throughout this exercise.

**Repeat** 10 Times  
**Complete** 2 Sets  
**Perform** 3 Times a Week



### BAND EXTERNAL ROTATION

Start by holding an elastic band and your elbows bent to 90 degrees by your side.

While holding the elastic band, move your hands away from each other and squeeze your shoulder blades together.

Return to starting position and repeat.

Video # VVM2GMMCT

**Repeat** 10 Times  
**Complete** 2 Sets  
**Perform** 3 Times a Week



### **BAND DIAGONALS**

Start with your hands and arms straight out in front of you holding the band tight with your palms up. Pull your hands apart in a diagonal pattern so one hand is up and the other is down.

**Repeat** 10 Times  
**Complete** 2 Sets  
**Perform** 3 Times a Week