

NECK CHIN TUCK - SUPINE WITH TOWEL



While lying on your back with a small rolled up towel under the curve of your neck, tuck your chin towards your chest.

Video # XVQA54ECL

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

SUPINE ELASTIC BAND HORIZONTAL ABDUCTION



Lie on your back holding an elastic band up towards the ceiling. Next, pull your arms apart and towards the floor as shown.

Video # XVLXYNUBZ

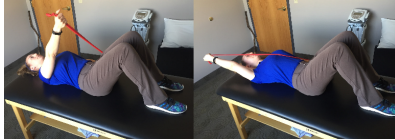
Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week

Shoulder External Rotation Band Supine



Stretch band keeping elbows against sides and keeping elbows at 90 degrees.

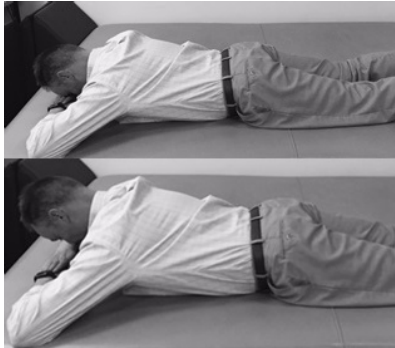
Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week



Supine Resisted Scaption with band

Lying on your back with your knees bent, hold a resistance band in one hand and anchor it along your side. With the other hand grasping the band, keep your elbow straight and thumb pointed towards the ceiling, then bring your arm back diagonally so that your thumb is now pointed towards the table. Slowly return to starting position.

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week



Head Lifts

Lie with forehead resting on your hands. Gently lift head towards the ceiling, maintain head in nod position (making a double chin).

Repeat 10 Times
Hold 10 Seconds
Complete 1 Set
Perform 3 Times a Day



ELBOW LIFTS

Start by lying on your stomach and place a towel or pillow under your forehead. Clasp your hands behind your head. Then, lift your elbows off of the ground as you squeeze your shoulder blades together.

Repeat 10 Times
Hold 10 Seconds
Complete 1 Set
Perform 3 Times a Week

Hold, return to starting position and repeat.

Video # XVWKMDW63



BENT ARM LIFT

Lying face down with your elbows bent and palms facing downward, slowly raise your arms up towards the ceiling as you squeeze your shoulder blades downward and towards your spine.

Repeat 10 Times
Hold 10 Seconds
Complete 1 Set
Perform 3 Times a Week

Video # XVFQD9XTY