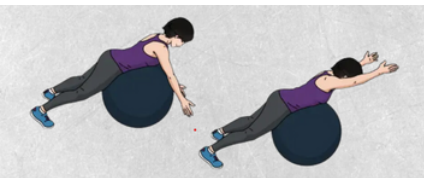


Scapular Retractions with Resistance Band



- **Purpose:** Strengthen the lower trapezius and rhomboids.
- **Instructions:** Anchor a resistance band at chest height and hold the ends with arms extended forward. Pull your shoulder blades back and down, squeezing them together. Hold for 2 seconds, then slowly return to the starting position.
- **Tips:**
 - Do not bend your elbows.
 - Keep shoulders down.
- **Sets/Reps:** 3 sets of 12 repetitions.

Prone Ys and Ts



Purpose: Activate the middle and lower trapezius muscles.

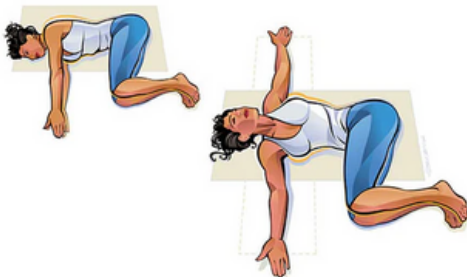
Instructions: Lie face down on a mat or bench. For "Y" raises: Extend your arms overhead at a 45-degree angle and lift them off the ground. Focus on squeezing the shoulder blades downward. For "T" raises: Extend your arms out to the sides and lift them off the ground. In both movements, squeeze your shoulder blades together.

Tips:

- Keep your neck relaxed.
- Perform movements slowly.

Sets/Reps: 2 sets of 10 repetitions for each movement.

Open Book Stretch



- **Purpose:** Improve thoracic spine mobility.
- **Instructions:** Lie on your side with knees bent and arms extended in front of you. Slowly rotate your top arm across your body, opening up your chest. Follow your hand with your eyes, keeping your lower body stable. Return to the starting position.
- **Tips:**
 - Breathe deeply through the movement.
 - Don't let hips shift.
- **Sets/Reps:** 2 sets of 10 repetitions on each side.