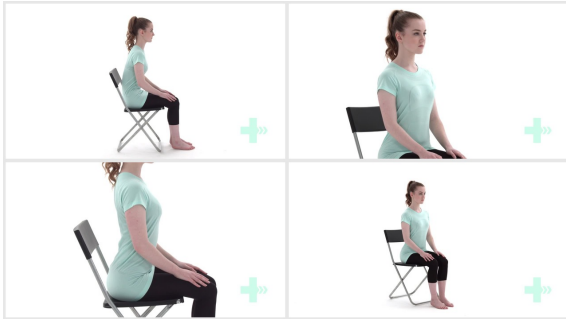


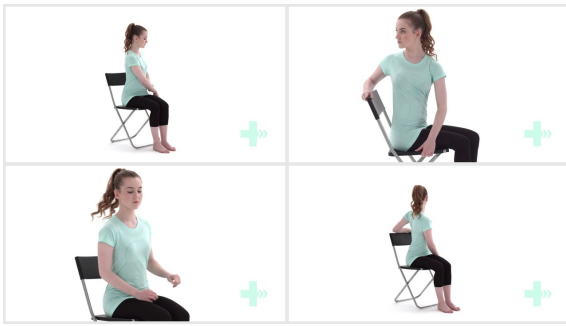
1 Set / 20 Reps



1. Pelvic tilt in sitting

Sit upright in a chair with your legs hips width apart.
Slowly tilt your pelvis backwards, by rounding your lower back, and sitting through your tail bone.
Next, tilt your pelvis forwards, arching your lower back, lifting your head and chest up and sitting through your seat bones.
Keep your shoulders and upper back still during these movements.

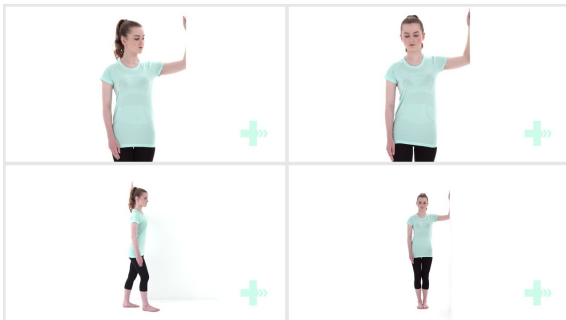
1 Set / 10 Reps / 3 s hold



2. Thoracic rotation stretch sitting

Sit upright in a chair.
Rotate your body around to one side, then rotate around to the other side.
You can hold onto the back of the chair to increase the stretch.

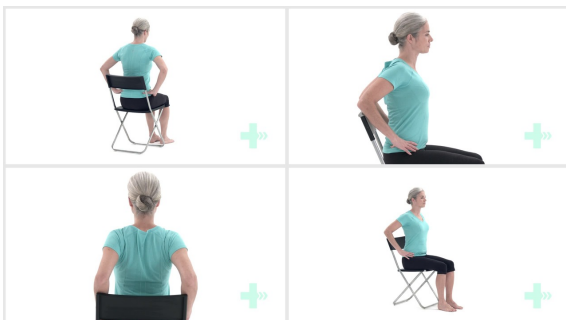
1 Set / 5 Reps / 20 s hold



3. Pectoralis stretching

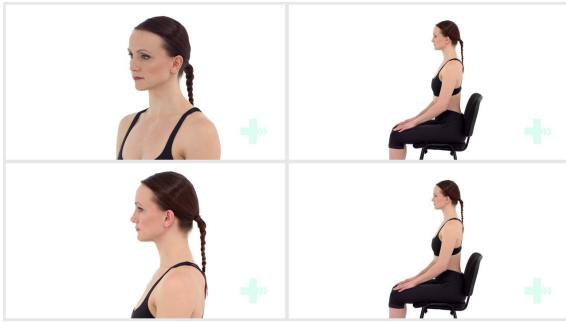
Stand up straight in a doorway.
Place your affected arm at shoulder height on the door frame.
Bend your elbow to 90 degrees so that your forearm runs up the door frame.
Place one foot in front and one behind for stability.
Keep your spine straight and rotate your body away from the door frame, while gently pushing forwards.
You should feel a stretch across the front of your chest.

1 Set / 20 Reps / 3 s hold



4. Scapula retractions

Start in a seated position and place your hands on your hips.
Let your shoulders fall forward by rounding the upper back, then squeeze your shoulder blades together, drawing them back and down as your elbows come back.
Keep your shoulders pressed down and away from the ears at all times.



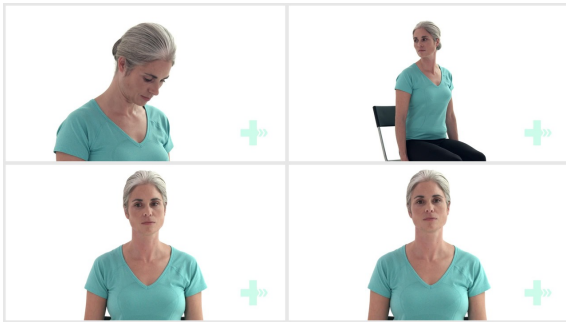
5. Chin tuck

Start in a seated position with your shoulders relaxed.

Look straight forward.

Tuck your chin in, as to resemble a double chin, hold this position.

1 Set / 6 Reps / 3 s hold



6. Cervical range of movement seated

Start in a seated position looking straight ahead.

Look down towards the floor and then look up towards the ceiling.

Look over your right shoulder and then look over your left shoulder.

Move your right ear down to your right shoulder and then move your left ear down to your left shoulder.

Keep your shoulders down at all times.