



**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	

Notes:

- 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



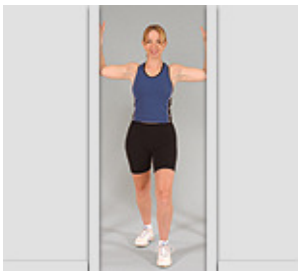
**'Brugger' Postural Relief Position**

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	

Notes:

- 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	

Notes:

- 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



**Active Shoulder Ext. Rot.**

Sitting or standing tall with elbows bent to 90° and hands in front of body.  
Rotate shoulders outward, bringing hands away from each other keeping elbows tight to the sides.  
Hold, bring hands back to start position and repeat.

Sets:	
Reps:	6x
Weight:	
Hold:	4-6 sec
Rest:	
2 x/day	

Notes:

- 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



Notes:

**Scalenes Depressing Clavicle**

Sitting tall, place one hand on opposite collar bone. Turn head away, look up and tilt head toward ear. Use gentle pressure on the collar bone to increase stretch.

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



Notes:

**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



Notes:

**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



Notes:

gently elongate spine and raise chest to ceiling.



**Standing Chest / Pec Release**

Standing, place hands on low back. Breath in and raise sternum up while bringing elbows toward each other behind body. Hold, exhale, feeling a release in the front of the chest and shoulders. Return to start position. Repeat.

Sets:	
Reps:	3x
Weight:	
Hold:	10 ec
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