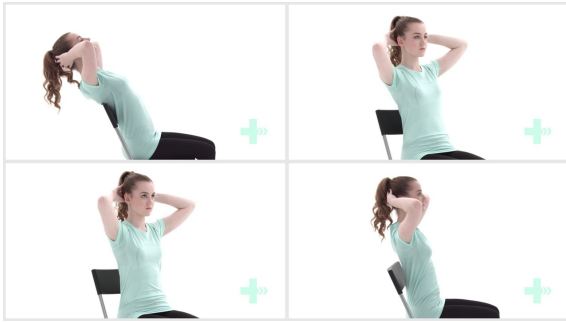


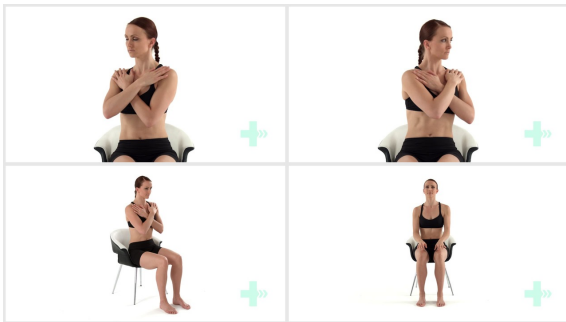
1 Set / 1 Rep / 1 s hold



1. Thoracic extension stretch, over back of sturdy chair, hands behind head

Sit upright in a chair.
Slide your buttocks to the back of the chair.
Clasp your hands behind your head.
Gently lean backwards over the back of the chair.
Hold this position before your return to the upright position.

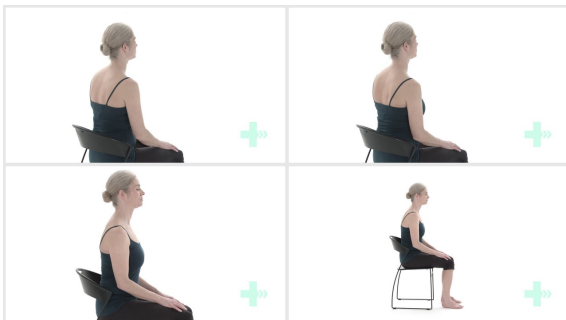
1 Set / 1 Rep / 1 s hold



2. Upper trunk rotation AROM, arms crossed, sitting

Sit straight on a chair.
Cross your arms over your chest.
Rotate your body around to one side and then around to the other holding each position.
Continue this movement.

1 Set / 10 Reps / 5 s hold



3. Scapular retraction/depression strengthening isometric, sitting

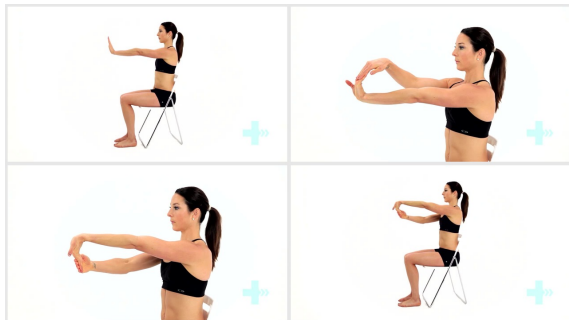
Sit up straight on a chair.
Do not lean onto the back of the chair.
Place both hands onto your lap.
Use a small movement to bring your shoulder blades back and down.
Hold this position before relaxing your shoulders again.
Do not move your back during this exercise.

1 Set / 1 Rep



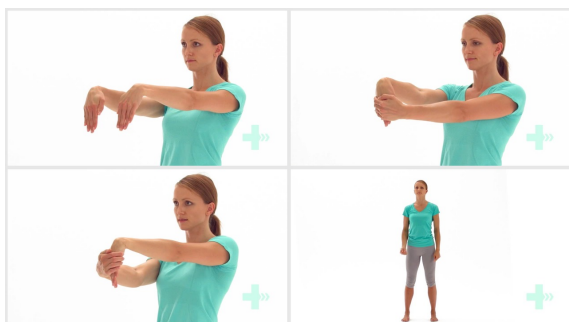
4. Cervical retraction strengthening, tucking chin, sitting; 02

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.



5. Wrist/finger flexors stretch, pronation/supination, sitting

Sit in a chair.
Take your arm out in front of you.
With your opposite hand, pull back four fingers.
Leave the thumb out of the stretch.
Hold this position.
Turn your hand over and pull down on the fingers.
Pull down and back on the fingers again, leaving the thumb out of the stretch.
Keep your elbow straight.



6. Wrist extensors stretch, palm down, standing

Extend your affected arm straight out in front of you with your palm face down, and drop your hand towards the floor.
With your other hand, apply a gentle pressure to the back of your wrist and hold.
You should feel this stretch down the back of your forearm.