



Upper Trapezius

Take your hands behind your back and clasp the right wrist with the opposite hand to anchor the shoulder. Then slowly tilt and turn your head to the left. Repeat on the other side.

Repeat 1x Hold 5-10 seconds
Complete 1 set 2 times per hour



Mid Back Trapezius & Rhomboid

Standing tall, place the palm of your left hand behind your right elbow and gently pull your right elbow across your body. Repeat on both sides.

Repeat 1x Hold 5-10 seconds
Complete 1 set 2 times per hour



Chest

Standing in a doorway, place your arms along the door frame with your elbows and shoulders at a 90 degree angle.

Repeat 1x Hold 5-10 seconds
Complete 1 set 2 times per hour



Upper Back & Neck

Standing with your hands clasped behind you, push your clasped hands toward the floor with your chin held high, then slowly lower your chin to your chest.

Repeat 1x Hold 5-10 seconds
Complete 1 sets 2 times per hour