



Seated Chin Tuck

Begin in a neutral head position, looking straight ahead with your chin parallel to the ground. Gently and slowly, draw your head back keeping your chin tucked.

Repeat 10x Hold 5-10 seconds
Complete 3 sets 1x Daily



Supine Chin Tuck

With your head in a neutral position, looking straight up at the ceiling. Gently and slowly, tuck your chin in and push the back of your head into the pillow.

Repeat 10x Hold 5-10 seconds
Complete 3 sets 1x Daily



External Shoulder Rotation

Keep your elbows close to your side, bent at a 90-degree angle, and your forearms parallel to the ground. Pull your hands apart and squeeze your shoulder blade together.

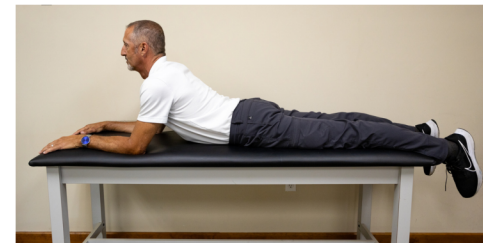
Repeat 10x Hold 5-10 seconds
Complete 3 sets 1x Daily



Seated Back Extension

Sit tall with your arms crossed over your chest. Gentle and slowly bend back using the chair back as a fulcrum

Repeat 10x Hold 5-10 seconds
Complete 3 sets 1x Daily



Sphinx Pose

Lying on your stomach, bring your elbows under your shoulders, forearms parallel, elbows shoulder-width apart. Press firmly and gently lift your chest, using your forearms.

Repeat 10x Hold 5 seconds
Complete 3 sets 1x Daily