



NECK RANGE OF MOTION EXERCISES:

Sit in a chair keeping your shoulders and trunk straight. Turn your head first to right, then to the left side. Turn it gently in each direction until it starts hurting. Repeat in each direction 10 times.

Tilt your head so that your right ear touches your right shoulder. Then tilt your head to the left. Repeat this exercise 10 times in each direction.

Bend your head forward reaching your chin toward your chest. Hold for 5 seconds. Repeat 10 times.

Bend your head backward so that your chin is pointing toward the ceiling. Repeat 10 times.



ISOMETRIC NECK FLEXION

Sit upright on a chair. Place your palm against forehead and gently push your forehead into your palm. Hold for 5 seconds and release. Repeat 5 to 10 times.



ISOMETRIC NECK EXTENSION

Sit upright on a chair. Clasp your hands together and place them behind your head. Press the back of your head into your palm. Hold for 5 seconds and release. Repeat 5 to 10 times.



ISOMETRIC NECK SIDE BEND

Sit upright on a chair. Place the palm of your hand to the side of the head and press the side of head into the palm. Hold for 5 seconds and release. Repeat 5 to 10 times.



SCAPULAR SQUEEZE:

While sitting or standing with your arms by the side squeeze your shoulder blades together and hold for 5 seconds. Repeat 5 to 10 times.



THORACIC EXTENSION:

Sit in a chair and clasp both hands behind your head. Gently arch backwards and look up toward the ceiling. Hold for 5 to 10 seconds. Repeat 5 to 10 times.



SCAPULAR ACTIVE RANGE OF MOTION:

Stand and shrug your shoulders up and hold for 5 seconds. Then squeeze the shoulder blades back and together and hold for 5 seconds. Next pull your shoulder downwards and last, push both shoulders forwards and hold each position for 5 seconds. Repeat all 5 to 10 times



UPPER BACK STRETCH:

Stand upright and clasp your both arms behind the neck. Bend your upper back to one side until you feel the stretch. Hold for 5 to 10 seconds and repeat the same in opposite direction. Repeat 5 to 10 times on



UPPER BACK STRETCH :

Stand upright and raise your both arms above your head and clasp your hands. Stretch the arms up applying upward stretch to your upper back. Hold for 5 to 10 seconds. Repeat 5 to 10 times.



PECTORALIS STRETCH:

Stand at the entrance of a doorway, with both hands above the head on the door frame or wall. Slowly lean forward until you feel the stretch in front of your shoulders. Hold this for 5 to 10 seconds. Repeat 5 to 10 times



UPPER BACK STRETCH:

Stand facing your back to wall. Twist your upper back to one side trying to reach the wall with your hands. Maintain this position for 5 to 10 seconds and repeat it in opposite direction. Repeat 5 to 10 times on each side.



UPPER TRAPEZIUS STRETCH:

Sit comfortably in a chair. Pull the head and neck to one side with one hand to stretch the opposite side of upper neck.