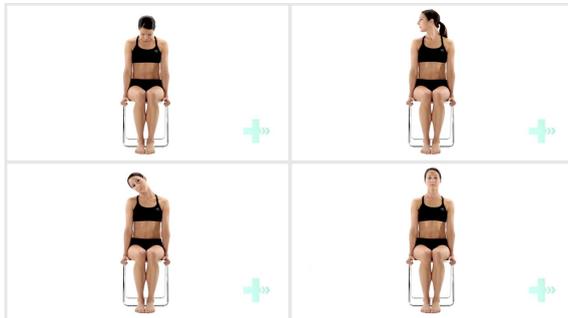


3 Sets / 10 Reps



### 1. Cervical AROM

Start in a seated position looking straight forward.  
Look down towards the floor, look up towards the ceiling.  
Look over your right shoulder, look over the left shoulder.  
Take your right ear to your right shoulder, take your left ear to your left shoulder.  
Keep your shoulders down at all times.

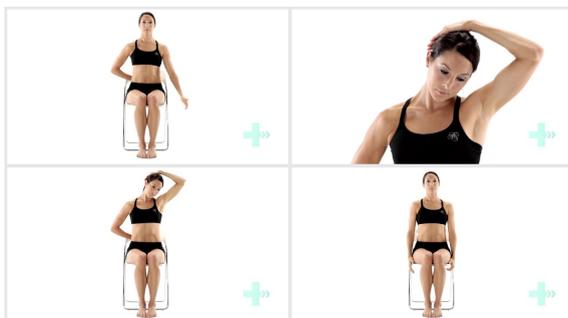
3 Sets / 2 Reps / 30 s hold



### 2. Cervical lateral flexion stretch

Gently tilt your head to one side until you feel the stretch on the opposite side.  
If it's comfortable for you, apply some gentle pressure on the side of your head with one hand to increase the stretch.  
Repeat on the opposite side.

3 Sets / 2 Reps / 30 s hold



### 3. Levator scapula stretch

Start in a seated position.  
Place the hand of the side you want to stretch behind your back.  
Take the opposite hand and pull your head forwards and to the opposite side at an angle, until you feel a stretch from the base of your skull down into your shoulder blade.  
Hold this stretch.

3 Sets / 1 Rep / 60 s hold



### 4. Thoracic extension in chair with towel

Start in a seated position, with your feet on the floor.  
Place a rolled up towel between the backrest and your upper spine.  
Place your hands on your neck and interlace your fingers.  
Point your elbows to the front.  
From this position, lean backwards over the towel.  
Hold this position for the required time.  
After this, you can move the towel upwards or downwards.



### 5. Thoracic extension stretch with longitudinal towel

Roll up a towel and place it on the floor.

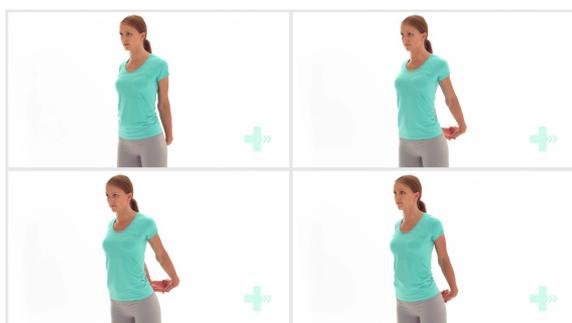
Lie on your back, with the towel running length ways down your upper spine.

Allow your arms to lie out to the side and relax in this position.

Lie here for the stated duration of time.

You can vary the size of the rolled towel to change the intensity of the stretch.

3 Sets / 2 Reps / 30 s hold

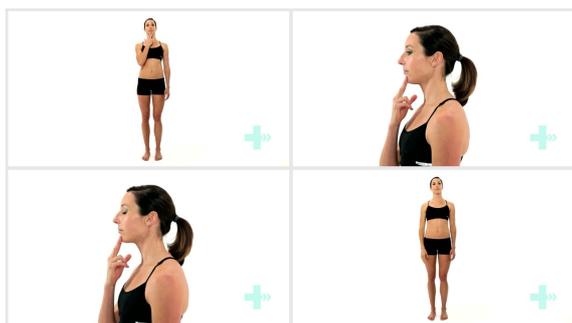


### 6. Chest stretch

Lock your hands together behind your back and push your hands backwards, whilst pushing your chest forwards.

Roll your shoulders back and down as you feel the stretch over the front of your chest and shoulders.

3 Sets / 10 Reps / 10 s hold



### 7. Chin tuck

Stand straight, looking ahead, and place two fingers on your chin.

Push your chin so that your head goes straight back, lengthening through the back of your neck, and keeping your eyes forwards.

Hold, and then relax.