



Neck Retraction - Supine

Lying on back with knees bent, feet flat on the floor and shoulders relaxed.
Tuck chin into neck and gently slide head backwards into floor.
Hold, release and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Anterior C/S Isometric

Place hand on forehead keeping head in neutral position and shoulders relaxed.
Gently push head straight forward into hand without allowing any movement of the head.
Gradually build tension and hold.
Repeat in at least 3 different angles.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Neck Lateral Raise

Lying on side, arms crossed across chest, head relaxed.
Raise head up sideways until level.
Hold, lower and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Chin Tuck Hold

Lie on back with knees bent, feet flat on the floor.
Keeping head on floor, tuck chin into neck.
Slightly raise head off floor, about 1 cm, and hold chin tuck position.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Neck Retraction - Seated

Sitting tall, shoulders relaxed.
Tuck chin into neck and gently slide head backwards.
Hold, release and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Seated Rows

Sitting on floor with legs extended and tubing placed around bottom of feet.
Hold tubing with palms up. Pull tubing into chest keeping elbows tight to sides.
Sit tall and avoid shrugging shoulders. Slowly return to starting position. Repeat.

Sets:	3-5
Reps:	2-8
Weight:	
Hold:	
Rest:	3-5 min
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



'Lawn Mower' - Row / Torso Twist

Standing half bent forward at the hips with knees bent. Place tubing under front foot and hold tubing in opposite hand with arm extended. Pull tubing up toward rib cage while straightening upper body and slightly rotating torso, as if starting a lawn mower. Return to start position and repeat.

Sets:	3-5
Reps:	2-8
Weight:	
Hold:	
Rest:	3-5 min
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Serratus Punch - Bilat

Wrap tubing around back and hold straight out in front with palms down and elbows slightly bent. Straighten elbows and reach straight forward (protraction) pulling tubing. Repeat.

Sets:	3-5
Reps:	2-8
Weight:	
Hold:	
Rest:	3-5 min
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Shrugs

Standing on tubing holding ends in each hand at sides. Shrug shoulders straight up keeping hands along side of body. Relax and repeat.

Sets:	3-5
Reps:	2-8
Weight:	
Hold:	
Rest:	3-5 min
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Shoulder Horiz. Abd. - Standing

Standing in readiness position holding tubing straight out in front of chest. Pull tubing, bringing arms straight out sideways, squeezing through the mid back. Avoid shrugging shoulders and keep shoulder blades squeezed down and back throughout the motion. Slowly return to starting position. Repeat.

Sets:	3-5
Reps:	2-8
Weight:	
Hold:	
Rest:	3-5 min
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Seated Row

Seated tall. Hold tubing out in front of stomach keeping elbows slightly bent. Slowly pull tubing in toward stomach keeping shoulder blades back and down and elbows close to body. Keep mid back tight while releasing tubing to start position. Repeat.

Sets:	3-5
Reps:	2-8
Weight:	
Hold:	
Rest:	3-5 min
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Bent Over Rows

Standing, 1/2 bent forward at the waist, keeping knees bent (can also bend one knee up on a bench). With weight hanging down in front, keep shoulder blades squeezed back, and elbow slightly bent. Pull weight up toward side of chest keeping elbow tight to side of body. Repeat. Avoid twisting body.

Sets:	3-5
Reps:	2-8
Weight:	
Hold:	
Rest:	3-5 min
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Shrugs - Dumbbells

Stand in readiness position holding weights in front of thighs. Keeping arms straight, shrug shoulders up to raise weights along thighs. Slowly lower and repeat.

Sets:	3-5
Reps:	2-8
Weight:	
Hold:	
Rest:	3-5 min
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Upright Row - Dumbbells

Standing in readiness position holding weights down in front of waist with palms facing body. Raise weights up along body toward chin level. Repeat.

Sets:	3-5
Reps:	2-8
Weight:	
Hold:	
Rest:	3-5 min
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Scaption - Ball

Sitting tall on ball holding weight down at one side with thumb pointing up. Raise arm up to shoulder level keeping arm out 30° in front of body. Keep shoulder blade down and back throughout motion. Lower with control and repeat.

Sets:	3-5
Reps:	2-8
Weight:	
Hold:	
Rest:	3-5 min
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31