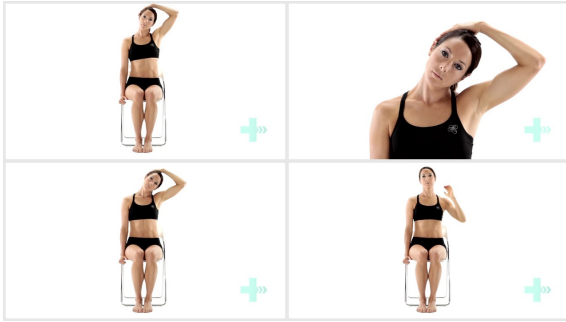


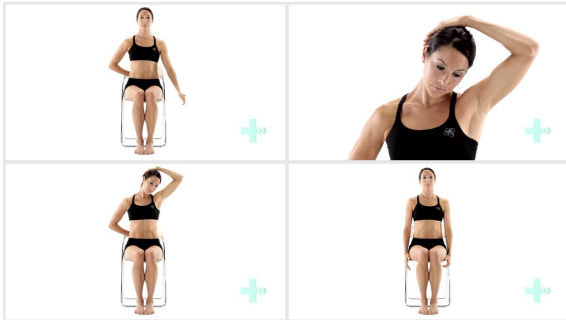
1 Set / 2 Reps / 30 s hold


1. Upper trapezius stretch

Start in a seated position.
 Place the hand on the symptomatic side under your chair.
 Take your other hand and place it on your head.
 Tilt your ear directly down towards your shoulder and hold this position.
 You should feel a stretch down the side of your neck.

Repeat to each side.

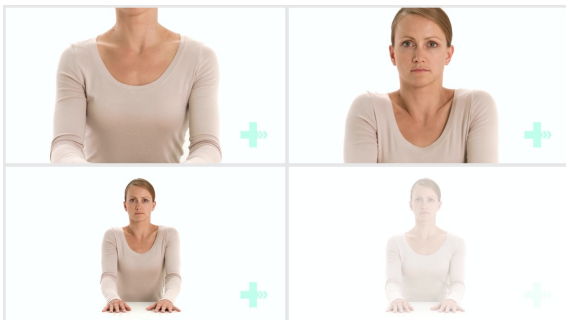
1 Set / 2 Reps / 30 s hold


2. 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.

Repeat to each side.

1 Set / 10 Reps / 2 s hold

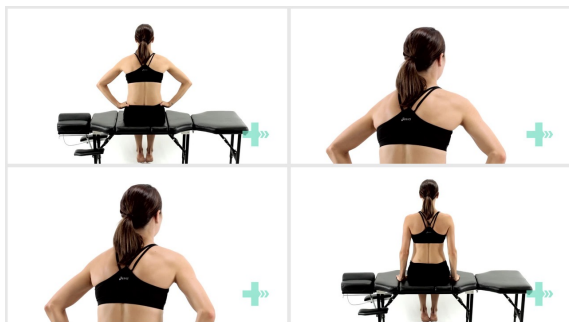

3. Shoulder shrugging

Relax your arms by your side or on a table.
 Shrug your shoulders up to your ears.
 Hold this position, before you completely relax your shoulders back down.

1 Set / 5 Reps


4. Chin tuck

Start in a seated position with your shoulders relaxed.
 Look straight forward.
 Tuck your chin in, as to resemble a double chin, hold this position.



5. Scapular retraction

Start in a seated position and place your hands on your hips. Let your shoulders fall forward by rounding the upper back, then squeeze your shoulder blades together, drawing them back and down as your elbows come out and back. Keep your shoulders pressed down and away from the ears at all times.

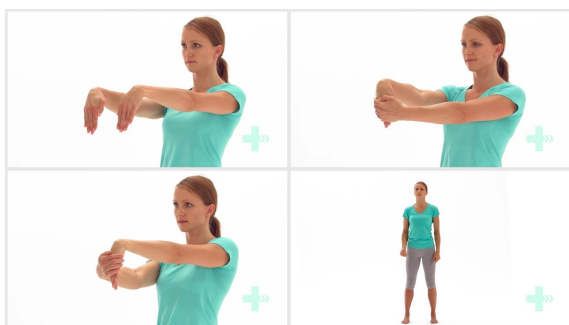
1 Set / 2 Reps / 30 s hold



6. Passive wrist extension palm to palm

Sit upright in a chair. Bring your palms together in front of you and close to your chest. Gradually lower your hands, keeping the palms of your hands together. Hold this position in a stretch.

1 Set / 2 Reps / 30 s hold



7. PROM wrist flexion

Extend your affected arm straight out in front of you with your palm face down, and drop your hand towards the floor. With your other hand, apply a gentle pressure to the back of your wrist and hold. You should feel this stretch down the back of your forearm.

Repeat this exercise but with the hand of the arm you are stretching held in a loose fist.

You can also repeat this stretch with the other arm.