

Sets: 1 • Reps: 1

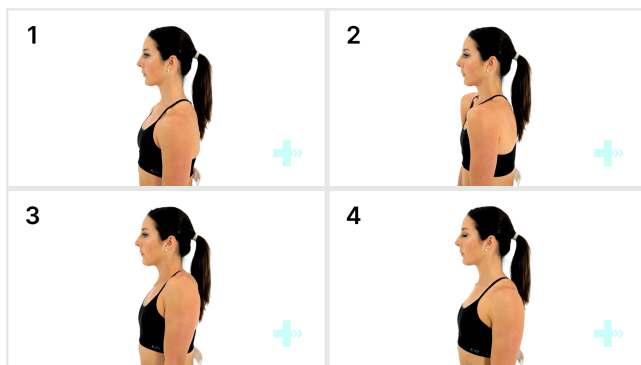


1. Exercise Safely

Your health and safety is our priority.

Before commencing this exercise program, please refer to the safety instructions at the end of this document.

Sets: 3 • Reps: 10



2. Shoulder circles

Roll your shoulders in a circle, pulling them forwards, up, back and down. Imagine you are moving them around a clock face.

Sets: 3 • Reps: 10 • Hold: 15s



3. Upper trapezius and levator scapula combo stretch

Sit in a neutral position and place your right hand over your head.

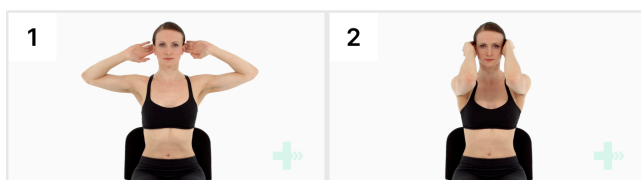
Using the weight of your head only, stretch your trapezius muscle by allowing your head to fall to the side, controlling and slightly increasing the stretch at the end of the movement.

Hold, breathe out and return to the neutral position.

Turn your head slightly and repeat the stretch and then turn your head a bit further and stretch again.

Repeat the movement for the other side.

Sets: 3 • Reps: 10 • Hold: 5s



4. GHjt ER flexion to abduction in sit (beach arms)

Sit up straight in a chair and lift your hands to touch the side of your head, just behind your ears.

Point your elbows forwards.

Keeping your posture directly upright, move your elbows out to the sides.

Return to the front and continue to move your elbows in and out.

You should feel the movement in your upper back.

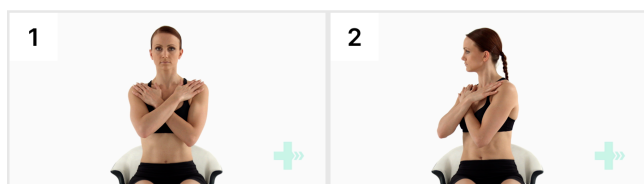
5. Thoracic rotations in sitting

Sit straight on a chair.

Cross your arms over your chest.

Rotate your body around to one side and then around to the other holding each position.

Continue this movement.



Sets: 3 • Reps: 5 • Hold: 15s

6. Unilateral rhomboids stretch

Start in a seated position.

Clasp your hands together and stretch your arms forwards between your knees.

Lower your head down and round out your shoulders.

Reach your hands as far as you can between your knees.

You should feel a stretch across the back of your shoulder blades.

Maintain this stretch and rotate round to the side, you will feel the stretch increase across your other shoulder blade.

Hold and then rotate in the other direction.

Return back to the neutral position and repeat.



Sets: 3 • Reps: 5 • Hold: 15s

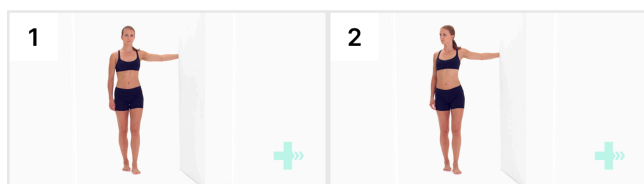
7. Pec stretch - mid fibres

Stand sideways to a door frame, one arms length away.

Hold the frame around chest height and take a small step forward on the leg closest to the wall.

Keeping your chest up, rotate your body away from the wall until you feel a stretch across your chest and upper arm.

Hold this position.



Sets: 3 • Reps: 10 • Hold: 10s

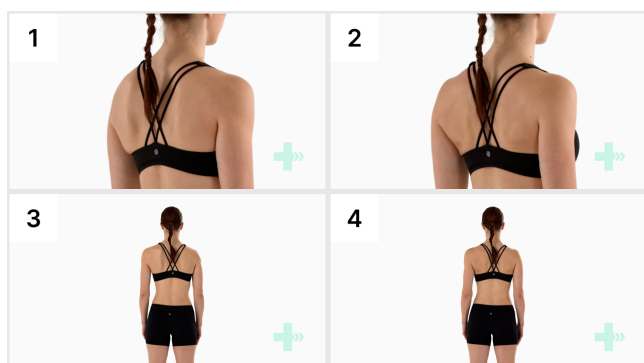
8. Scapula setting

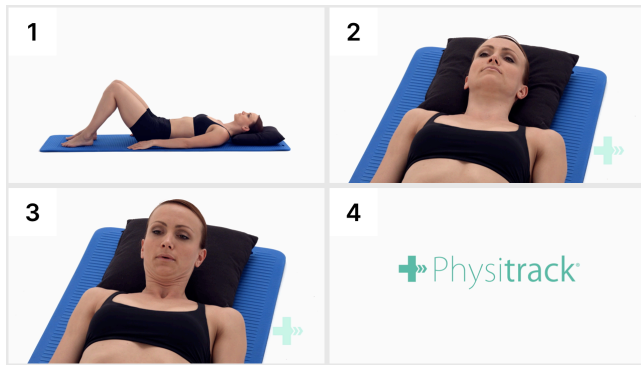
Start in an upright standing position.

Practice bringing your shoulder blades back and down.

Picture gently drawing your shoulder blades towards the hip on the opposite side.

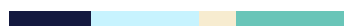
This is a subtle movement, ensure you do not over strain your shoulder blades when performing this action.



**9. Deep neck flexors and small head lift**

Lie on your back with your knees bent and your feet flat on the floor. Place a pillow or towel under your head and look up towards the ceiling. Visualise a pivot point going through your ears. Gently nod your chin as though rotating around that pivot point without tensing your side neck muscles. Start to lift your head off the pillow in the same movement while you continue to breath, expanding your lower ribs. Hold this position, and gradually build up the time of the hold as advised. Try to contract your lower stomach and pelvic floor muscles at the same time.




Exercise Safely



Your health and safety is our priority

Exercise forms an important part of recovery from a range of musculoskeletal conditions. This exercise program is general in nature, and provided as a starting point for managing your symptoms that is safe and, in most cases, effective. If you are unsure how to do these exercises safely, or are inexperienced with exercises like these, please seek advice from your physiotherapist prior to commencing.

Please seek advice from a qualified health professional if:

-  You are experiencing high levels of pain, pain that is unrelenting, or pain that is impacting your normal daily activities including sleep.
-  If you are experiencing neurological symptoms such as altered sensation, pins and needles, weakness, or loss of normal function.
-  If these exercises or any other activities are making your pain worse.