



**UNLOADING**  
Place a pillow under each arm to help offload your neck and shoulders. Utilize while sitting for prolonged periods of time.



**SCAP SQUEEZE**  
Sit tall, pull your shoulder blades together and down away from ears to open up your chest. Hold for 5". 10x



**CHIN TUCK**  
Curl your chin as if making a double chin and ears lining up over the shoulders. Hold 10". 5x



**SIDE BEND/ROTATE**  
I. Curl chin down  
II. Rotate head down toward armpit, add gentle hand pressure to increase stretch. Hold 10". 5x



**PEC STRETCH**  
Place hand on wall at shoulder level or higher, squeeze shoulder blades & rotate body away from the fixed hand. Hold 30". 3x



**TUCK & ROTATE**  
Place 3 fingers just below Adams apple, tuck chin down to fingers and then rotate head to each side. Hold 3". 10x each



**THUMB SLIDES/  
WALL ANGEL**  
While keeping head & spine on wall, raise arms to side w/ elbows bent & thumbs or fingertips on wall, slide hands up wall 10x



**EXTEND MIDBACK**  
Keeping chin tucked, with hands behind head if able, lean back over the edge of a chair, 10x



**OPEN BOOK**  
In side lying position, reach top arm over, while opening chest up toward ceiling, keep knees down. 5x each



**NECK EXTENSION**  
Laying face down, rest forehead on hands, gently drag your nose along your hands until your chin hits your hands 10x



**PRONE "A"**  
Laying face down w/ arms at your side, palms down. Squeeze shoulder blades lifting shoulders and hands off ground. Hold 5". 10x

**TIPS**

- I. Pick 5 daily
- II. Pain-free or low-level discomfort w/ exercises
- III. Don't force it
- IV. Motion is lotion
- V. Hourly breaks from sitting