



1. McKenzie 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.

- complete hourly

4 reps, 1 set, 20 s hold



2. Shoulder rolls seated

Sit upright in a chair and shrug your shoulders up to your ears, then roll them back and downwards, squeezing your shoulder blades together. This exercise is very important for maintaining good posture, and mobility in your shoulders and upper back.

10 reps, 1 set



3. Scapula retraction sitting unsupported

Sit up straight on a chair. Do not lean onto the back of the chair. Place both hands onto your lap. Use a small movement to bring your shoulder blades back and down. Hold this position before relaxing your shoulders again. Do not move your back during this exercise.

4 reps, 1 set, 10 s hold



4. Resisted scapula "T"

Hold a resistance band in both hands and gather up some tension. Start with your hands at chest height and your arms straight and move them out in a "T" shape, keeping your shoulder blades back and down. Control the movement back to the start position and repeat.

10 reps, 1 set



5. Resisted shoulder external rotation

Stand in an upright position. Hold a tensioned exercise band in both hands and bend your elbows to a right angle. Keep your shoulder blades back and down and rotate your symptomatic arm outwards, keeping your elbow loosely by your side and your shoulder blades in a good position. Control the movement then return back to the start position. Relax and repeat.

10 reps, 1 set

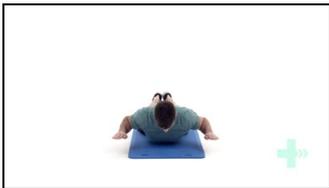


6. Prone scapula retractions with arm lifts

Lie on your front with your arms by your side and your palms facing downwards. Pull your shoulder blades back and down and then lift your arms an inch off the floor. Hold and then slowly relax. Note a weight can be added to your hands to increase the difficulty of this exercise.

- place a folded towel under your forehead and make sure you look toward the ground

10 reps, 1 set, 10 s hold



7. W raise

Lie face down on an exercise mat with your arms in a "W" position so that the upper arms are aligned alongside the trunk with your elbows bent and your hands facing forward at the same level as your shoulders. Move your forearms outwards so they are close to a 45 degree angle to the upper arm. Keep your head slightly elevated and aligned with your spine. Your hands should be facing palms down with your fingers extended. Now tighten your abdominal muscles to stabilise your trunk and slowly raise both arms off the floor no higher than 6 inches and hold for the required time, then slowly lower your arms down to the floor. Repeat for the desired number of repetitions. Throughout the exercise, keep your arms at 45 degrees through your elbows in the "W" position and ensure your trunk and legs are aligned. Perform this exercise in a slow controlled manner and do not jerk the body into the up-position when raising the arms.

5 reps, 1 set, 5 s hold



8. Pilates swimming level 2

Lie in the prone position with your chest raised and your arms out stretched just off the mat. Keep your legs together and pressing down onto the mat. INHALE: alternate lifting your right and left arms for 5 changes EXHALE: alternate lifting your left and right arms for 5 changes Keep alternating your arms with your legs anchored to the mat.

1 rep, 5 sets



9. Table top alternate LL lowering

Lie on your back and bring your legs up to a table-top position with your hips and knees at a right angle. Relax your upper body as you extend one leg down to the floor, whilst maintaining the table-top position with the other. Bring this leg back up and repeat with the other leg. Ensure you keep your core strong and back flattened to the floor throughout this exercise.

10 reps, 1 set



10. Bridge to straight leg raise

Lie on your back with your legs bent and feet on the floor. Lift your hips up in to a bridge, driving the movement with your buttocks. Once you reach a straight line from your knees to your shoulders, maintain a level pelvis as you lift one leg up and down, keeping it straight.

10 reps, 1 set



1 rep, 1 set, 120 s hold

11. Suboccipital release with tennis balls

Place two tennis balls side by side in a sock. The sock provides padding. Lie back, placing the tennis balls just below the base of your skull. The tennis balls will apply pressure directly into the suboccipital muscles of the neck. These are the headache muscles. It's important to use tennis balls and not a hard ball, such as a golf ball. Hold the position on a tender spot.



1 rep, 1 set, 30 sec duration

12. Thoracic foam roll

Lie with a foam roller in your mid-back, and hug your arms across your chest to open up the upper back. Lift your hips off the mat, and roll back and forth, pushing with your legs.

- you may need to support your head with your hands



1 rep, 1 set, 30 sec duration

13. Lat dorsi foam roll

Lie on your affected side on a mat with your knees bent. Place a foam roller under your arm, just below the arm pit. Stretch your arm out on top, turning the palm upwards. Keeping your hips on the floor, use the strength through your legs to move the foam roller from just below your arm pit, in to your upper arm. If you feel any tender spots, hold the position there.



1 rep, 5 sets, 1 s hold

14. Cat and camel pose

Start on your hands and knees with your back in a neutral position. Arch your back, lifting your head up and pushing your tail bone out, making a dish with your spine. Hold this position. Next, bend your back up by tucking your head and tail bone in and pulling your belly button in towards your spine, making a curve through your back. Hold this position, and then repeat.



2 reps, 1 set, 5 s hold

15. "Thread the needle"

Start lying on your front. Bring yourself up onto your hands and knees. Your hands should be under your shoulders and your hips over your knees. Take one hand off the floor and reach in and through between your other hand and leg on that side. Allow your shoulder and head to follow, moving down towards the floor as your hand reaches through. Allow your back to twist. You should feel a stretch down your side, your shoulder blade and neck. Hold and then relax and repeat.



16. Child pose

Get onto your hands and knees, and drop your buttocks back onto your heels. Stretch your hands forwards, dropping your head between your shoulders towards the floor. You will feel this stretch through your back and upper arms.

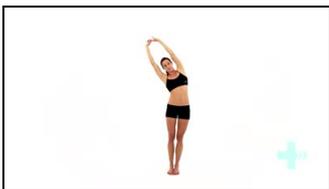
1 rep, 1 set, 20 s hold



17. 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.

1 rep, 1 set, 20 s hold



18. Standing overhead lat stretch

Stand with your arms up over your head, keeping them close to your ears. Hold your hands together as you pull your shoulder blades down and back. Holding this position, lean to one side, feeling the stretch down the other side of your torso.

2 reps, 1 set, 5 s hold



19. Two-part neck stretch

Start in a seated position. Take you hand, place it on your head and gently pull your ear towards your shoulder and hold. Then angle the head looking down towards the knee and gently pull the head with comfortable tension.

2 reps, 1 set, 20 s hold
