

1



UPPER TRAP STRETCH -

Begin by retracting your head back into a chin tuck position. Next, place one hand behind your back and gently pull your head towards the opposite side with the help of your other arm.

Repeat 4 Times
Hold 15 Seconds
Complete 1 Set
Perform 2 Times a Day

4



RHOMBOID AND MIDDLE TRAP STRETCH -

Interlace your fingers and then draw your hands forwards until a stretch is felt along your upper back.

Repeat 2 Times
Hold 30 Seconds
Complete 1 Set
Perform 2 Times a Day

NOTE: You can vary the angle of your arms downward to stretch different muscle fibers along your back.

2



LEVATOR SCAPULAE STRETCH -

Place your arm on the affected side behind your back and use your other hand to pull your head downward and towards the opposite side.

Repeat 4 Times
Hold 15 Seconds
Complete 1 Set
Perform 2 Times a Day

You should be looking towards your opposite pocket of the target side.

5



PECTORALIS CORNER STRETCH

While standing at a corner of a wall, place your arms on the walls with elbows bent so that your upper arms are horizontal and your forearms are directed upwards as shown. Take one step forward towards the corner. Bend your front knee until a stretch is felt along the front of your chest and/or shoulders. Your arms should be pointed downward towards the ground.

Repeat 2 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Times a Day

NOTE: Your legs should control the stretch by bending or straightening your front knee.

3



SCALENE STRETCH -

Place to fingers just about the collarbone and apply light pressure. Next, tilt you head upwards and away from the affected side until a gentle stretch is felt along the front and side of your neck.

Repeat 4 Times
Hold 15 Seconds
Complete 1 Set
Perform 2 Times a Day

6



WRIST FLEXOR STRETCH

Use your unaffected hand to bend the affected wrist up as shown.

Keep the elbow straight on the affected side the entire time.

Repeat 4 Times
Hold 15 Seconds
Complete 1 Set
Perform 2 Times a Day

7



WRIST EXTENSOR STRETCH

Use your unaffected hand to bend the affected wrist down as shown.

Keep the elbow straight on the affected side the entire time.

Repeat 4 Times
Hold 15 Seconds
Complete 1 Set
Perform 2 Times a Day

8



SEATED LATERAL TRUNK STRETCH

While in a seated position, raise up your arm and bend to the opposite side for a stretch.

Repeat 2 Times
Hold 30 Seconds
Complete 1 Set
Perform 2 Times a Day