



### 1. 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.

5 reps, 1 set, 5 s hold



### 2. 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.

- Arms around chest or supporting under neck

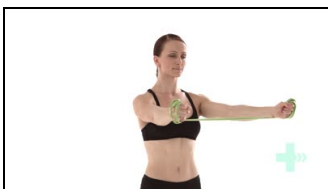
1 rep, 1 set, 30 sec duration



### 3. Segmental thoracic self mobilisation over foam roller - hands over UT

Lie on your back with a foam roller over the affected area of your upper back. Place your hands over your shoulders to support your neck. Exhale and allow your upper back to stretch over the foam roller. Continue this movement rhythmically, changing the level at which the foam roller lies if you need to.

1 rep, 1 set, 30 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.

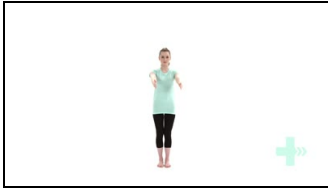
10 reps, 1 set



### 5. 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.

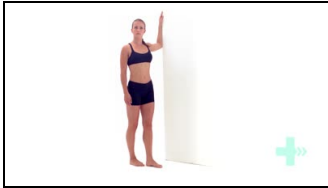
3 reps, 1 set, 15 s hold



### 6. Shoulder flexion (active)

Stand up straight with your arms straight by your side. Slowly lift your arms forwards in front of you, then up as high as you can. Ensure you do not lean your body, or hunch your shoulder. Control the movement as you slowly lower your arms back down.

10 reps, 1 set



### 7. Pec stretch - mid fibres with pec minor

Stand with your affected side closest to the wall and place your forearm down a door frame around shoulder height. Keeping your forearm on the wall, take one step forward on the leg closest to the wall and slowly rotate your chest away until you feel a stretch across your chest. Be careful not to allow the shoulder to hunch. Hold this position.

- Both sides

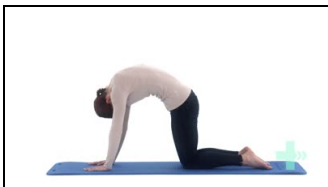
1 rep, 1 set, 45 s hold



### 8. 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.

3 reps, 5 sets



### 9. 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.

10 reps, 1 set, 10 s hold



### 10. Childs pose with foam roller

Kneel down with a roller on the floor in front of you. Sitting back on your heels, stretch your arms forwards on the roller, dropping your head down between your shoulders. You should feel a stretch through your back, up in to your shoulders.

- Try arms in front and then each side

1 rep, 1 set, 30 s hold