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*'Exercises designed to do at home or in the office'*



**1) Shoulder Elevators**

Turn your head to look down towards your armpit. The hand on the same side should add weight to the bent head. The other arm should go behind your back.



**2) Lateral & Upper Neck**

Cross your hands across your chest and place on shoulders – pull hands down. Now bend your ear to one shoulder and look up to the ceiling until you feel a stretch on the side of your neck.



**3) Median Nerve Stretch**

Place your hand against a wall. Rotate your feet and body so your hand is out to your side as shown until you feel a gentle stretch in your arm & shoulder



**4) Supraspinatus Stretch**

Put one arm behind your back and with your free hand pull it more medially until you feel a stretch across top of shoulder & arm. You can flex your head to the opposite shoulder to increase this stretch.



**5) Posterior Shoulder Stretch**

Gently pull your elbow across your chest, using the opposite hand until you feel a stretch along your shoulder & upper back.



**6) Shoulder Shrugs**

Sit or stand upright with proper posture. Shrug both shoulders up under your ears. Hold 6 seconds and release – repeat 3x



**7) Isometric Neck Extension**

Place both hands on the back of your head and gently push against your head. Use your neck muscles to resist bending your head backwards.



**8) Doorway Chest Stretch**

With one arm positioned in a doorway from wrist to elbow, turn your body away from your arm until you feel a stretch in your chest. Repeat on the other side.



**9) Forearm Flexor Stretch**

Place your palms on a table with fingers pointing towards your body. Step back a little and feel the stretch through your forearms.

*Hold each stretch for at least 30 seconds and repeat x 3 unless otherwise stated.*