



ELASTIC BAND EXTENSION BILATERAL

While holding an elastic band with both arms in front of you with your elbows straight, pull the band downwards and back towards your side.

Repeat 3 Times
Hold 10 Seconds
Complete 1 Set
Perform 3 Times a Week



VIDEO



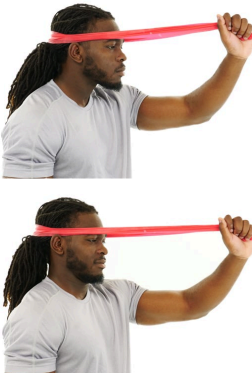
SCALENE STRETCH

Place your hands overlapping on your breast bone. 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 3 Times
Hold 30 Seconds
Complete 2 Sets
Perform 1 Times a Day



VIDEO



ELASTIC BAND RETRACTION

With an elastic band attached to your head, draw your head back into a chin tuck position as shown.

Repeat 3 Times
Hold 30 Seconds
Complete 2 Sets
Perform 2 Times a Week



VIDEO



WALL ANGELS

Stand with your back against a wall with arms raise to 90 degrees. While making contact with your head, wrists, elbows and shoulders, slide your arms up and down the wall as shown.

Repeat 20 Times
Hold 3 Seconds
Complete 2 Sets
Perform 3 Times a Week



VIDEO



ISOMETRIC EXTERNAL ROTATION

Gently push your the back of your fist into a wall with your elbow bent.

Repeat 3 Times
Hold 30 Seconds
Complete 3 Sets
Perform 3 Times a Week



VIDEO