

1. Shoulder Chest Stretch (Door Frame)

Sets: 3 | Hold: 20 seconds | Frequency: Daily

Preparation:

- Place arms at shoulder level on either side of a doorframe.

Execution:

- Step forward. You should feel a stretch across the front of your chest.

Important:

- Do not support your weight with your arms.



Arms against doorframe - Lean forward

2. Posture Correction

Sets: 3 | Hold: 20 sec | Frequency: Daily

Preparation:

- Sit with relaxed posture

Execution:

- Inhale and sit up tall
- Rotate your hands open and bring your shoulders back and down
- Bring your chin back and hold



Start Position



Inhale, bring your chin back, rotate your hands open and bring your shoulders back and down



Start Position



Inhale, bring your chin back, rotate your hands open and bring your shoulders back and down



Inhale, bring your chin back, rotate your hands open and bring your shoulders back and down



Start Position

3. Scapular Retraction | 'W'

Sets: 3 | Hold: 10 seconds | Frequency: Daily

Preparation:

- Make a 'W' with your arms

Execution:

- Pull shoulder blades back and down
- Don't hunch your shoulders



Start position



Pull shoulder blades back and down

4. Thoracic Extension (Chair)

Sets: 3 | Reps: 10 | Frequency: Daily

Preparation:

- Sitting with good posture
- Cross your arms over your chest
- The chair should have a firm and straight back support lower than your shoulders

Execution:

- Arch your upper back over the back of the chair
- Movement should not occur at the lower back



Sit up straight



Arch upper back



Variation - Arms behind neck



Arch upper back

5. Latissimus + Anterior Shoulder Stretch | Dynamic

Sets: 3 | Reps: 10 | Frequency: Daily

Preparation:

- Start on all fours
- Hips and knees bent to 90 degrees
- Reach your arms over your head, grabbing a chair, bar or wall

Execution:

- Gently push your chest towards the floor to feel a stretch in your back and chest

Caution:

- Avoid pushing / hinging at your shoulder as this can lead to injury
- Do not perform this stretch if you have had a shoulder dislocation



Start position



Gently push chest toward floor