



1 Shoulder Roll

- 1. Backwards Only** raise both shoulders up towards the ear and backwards - Repeat 10 times.
- Repeat double and then singles.
- Repeat every 1-2 hrs.



2 Upper Trapezium Stretch

- Whilst sitting on one hand, gently grasp side of head with the other hand.
- Tip head away until a gentle stretch is felt.
- Hold for 20 secs.
- Repeat other side.
- Repeat every 1-2 hrs.



3 Head Pull

- Place hands on top/back of head.
- Pull chin down to chest until a comfortable stretch is felt - aim to get chin on chest.
- Hold for 20 secs.
- Repeat every 1-2 hrs.



4 Armpit Stretch

- Whilst sitting on one hand, gently grasp back of head with the other hand.
- Pull head into armpit until a gentle stretch is felt.
- Hold for 20 secs.
- Repeat other side.
- Repeat every 1-2 hrs.



5 Neck Twist

- Turn head to look over right shoulder. Gently push on the chin with the left hand.
- Hold for 2 secs. Repeat every 1-2 hrs.
- Repeat other side.
- Repeat every 1-2 hrs.



6 Shoulder Roll with Theraband

- Make large oscillations **backwards only** for 20 repetitions.
- Repeat every 1-2 hrs.
- Alternate with other side.
- Alternate:** both shoulders together.

