



### **Cervical Retraction/Chin Tuck:**

Slowly draw your head back so your ears are in line with your shoulders. You should not be tilting your head up/down, just moving it backward on your spine.



### **Scapular Retraction**

Pull your shoulder blades back, down, and together, and hold.



### **Pectoralis Stretch**

Lie on your back with a rolled towel under your spine. Let gravity pull your shoulders toward the floor; add a scapular retraction for added pull.



Alternatively, stand at doorway facing outward, arm outstretched parallel to floor. Bend elbow to 90 degrees and rest it and forearm on vertical frame of doorway. Lean body forward to feel stretch in front part of shoulder.

