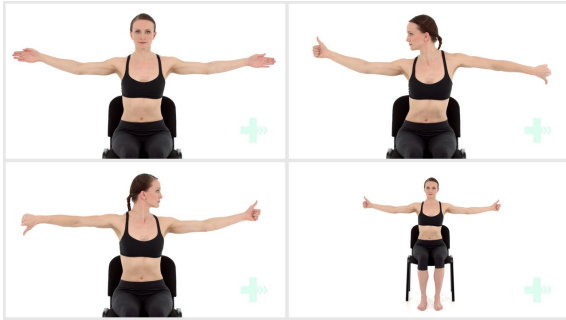


2 Sets / 10 Reps / 1 s hold

**1. Cervicothoracic mobilisation**

Sit up straight in a chair and hold both arms out to your sides at shoulder height. Ensure your weight falls through your seat bones, your back is straight and your gaze is directly ahead.

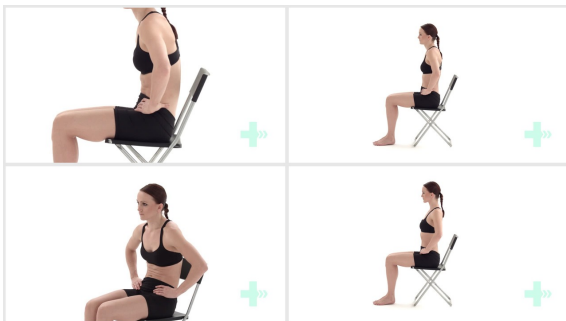
Make a thumbs up with both hands.

Turn your head to look at one hand while simultaneously giving a thumbs up in this hand and a thumbs down in the other.

Rotate your head the other way to look at your other hand, changing your hands to give a thumbs up in the hand you are looking at, and a thumbs down in the other.

Repeat this movement at a steady pace.

1 Set / 1 Rep / 1 s hold

**2. Seated posture**

Sit in a chair with your hands on your hips.

Round your shoulders and upper back, slouching to sit through your tail bone. Roll on to your seat bones, opening up your chest and bringing your shoulders back and down.

Ease back a little.

This is good upright posture.

6 Sets / 1 Rep / 1 s hold

**3. Upper cross syndrome strengthening**

Sit upright in a chair with your shoulders relaxed.

Bend your elbows to 90 degrees with your palms facing upwards.

Pivot your arms out to side rolling your hands outwards as you do so whilst keeping your elbows close by your side.

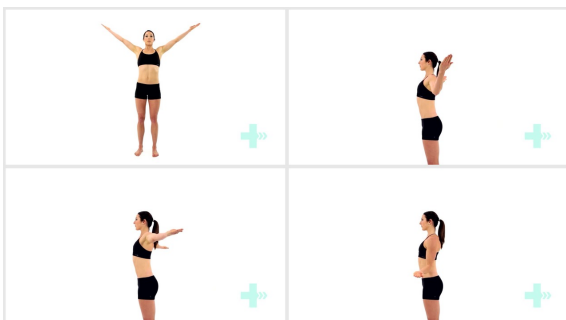
Imagine you are trying to pour water out of your palms and over your thumbs.

At the same time move your head back, creating a gentle double chin.

Try to avoid using the large muscles down the front of your neck.

Hold this position as directed by your clinician and perform the required number of repetitions as directed.

1 Set / 1 Rep

**4. Shoulder ROM - YWTL**

Stand up straight with your arms by your sides.

Turn your palms outwards and lift your arms out and up into a "Y" position with your thumbs pointing outwards.

Hold this position as you try to stretch the arms back and chest forwards.

Lower your arms a little by bending your elbows, creating a "W" with your arms.

Lead with your thumbs as you try to push your arms back further in this position.

Next, straighten your arms out to your side at shoulder height, ensuring your palms are facing upwards.

Create a "T" shape as you try to push your arms backwards and chest forwards.

Finally, lower your arms back down to your sides, keeping your elbows bent to a right angle and palms up.

Try to push your forearms out as much as you can, keeping your arms by your sides.