

Stretches

Stretch 1: Butterfly



30 times daily.

Stretch 2:



30-50 seconds 3 times each side, twice daily.

Stretch 3:



3 times each side, twice daily.

Stretch 4:



Hold for 20-50 seconds and repeat 3 times with breaks to prevent dizziness, twice daily.

Exercises

Exercise 1: Isometric neck strengthening



Hold for 5 seconds and repeat 10 times each side, twice daily.

Exercise 2: Chin tucks



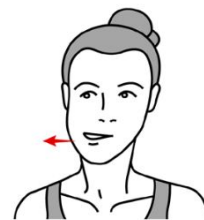
8-12 repetitions, 3 times, twice daily.

Exercise 3: Rhomboid strengthening



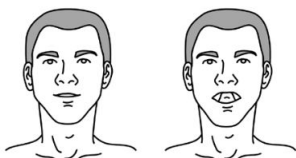
3 sets of 10 repetitions, once per day, pain -

Exercise 4:



10 times, 6 times a day.

Exercise 5:



10 times, 6 times a day.