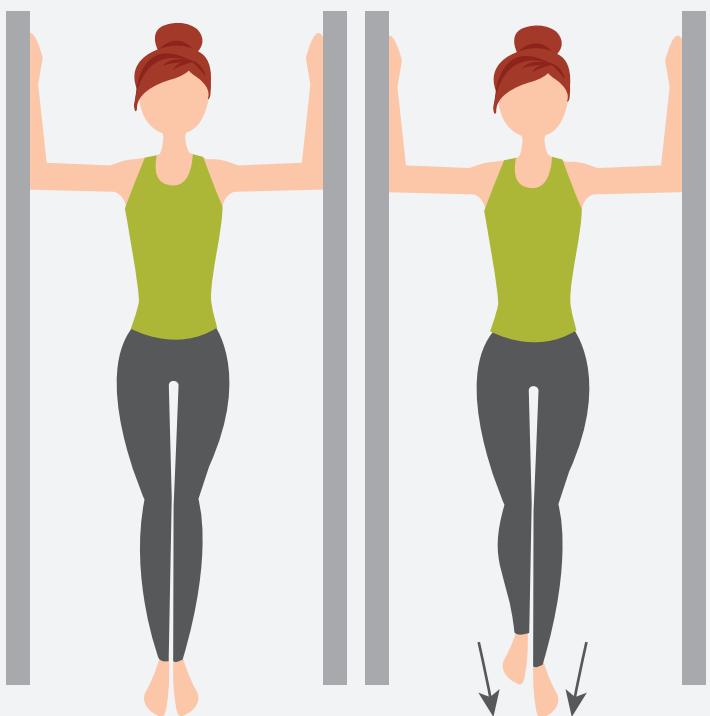


EXERCISES to prevent

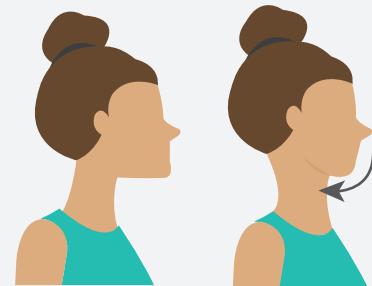
ROUNDED SHOULDERS

from Shine365



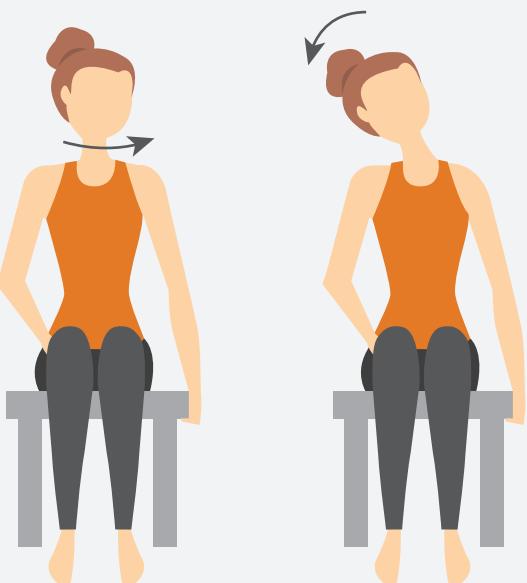
DOORWAY PEC STRETCH

Center yourself in a doorway, bend your elbows and place your arms on the door frame to create a 90-degree angle with your sides. Take a small step forward until you feel a slight stretch in your front shoulders. Avoid shrugging. Hold the stretch for 20 seconds. Relax. Repeat 3 times.



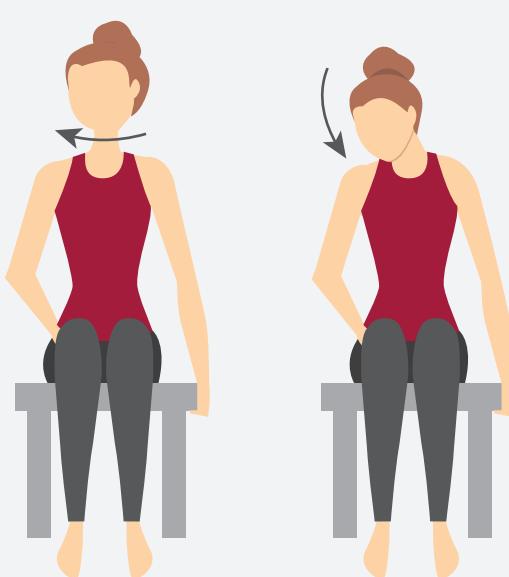
CERVICAL RETRACTION

Sit upright, feet flat on the floor. Fix your eyes on an object directly ahead and bring your chin in. Avoid looking down or bending your neck. Hold for 5 seconds. Relax. Repeat 10 times.



UPPER TRAPEZIUS STRETCH

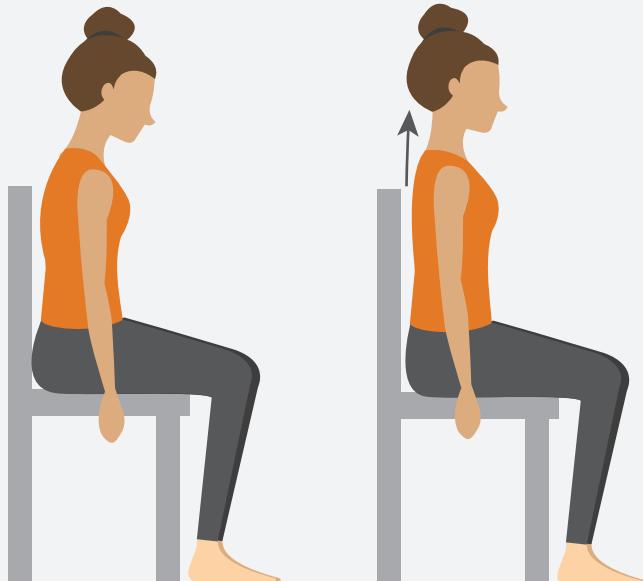
Sit upright without using a backrest. Grasp the seat edge with one hand; relax the other. Turn your head toward your grasped hand side. Then bend your neck sideways toward your other shoulder. This causes a slight stretch in your neck and upper back. Be sure to keep your back straight. Hold for 20 seconds. Relax. Repeat. Perform on the other side.



LEVATOR SCAPULAE STRETCH

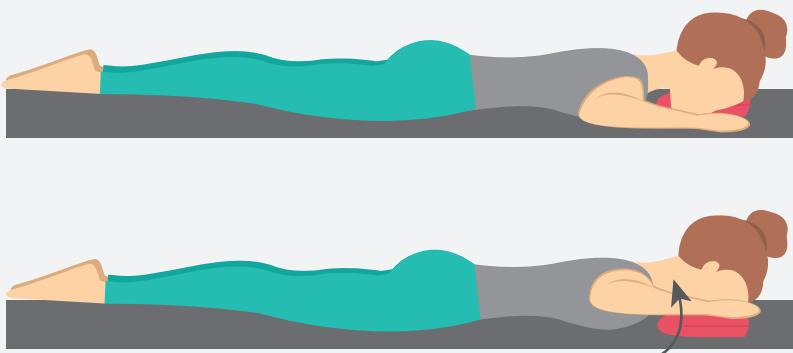
Sit upright and grasp the seat edge with one hand and relax the other. Turn your head toward your relaxed arm and tuck your chin toward your chest. Be sure to keep your back straight. You should feel a stretch on the back of your neck and above your shoulder blades. Hold for 20 seconds. Relax. Repeat. Perform on the other side.

EXERCISES to prevent ROUNDED SHOULDERS



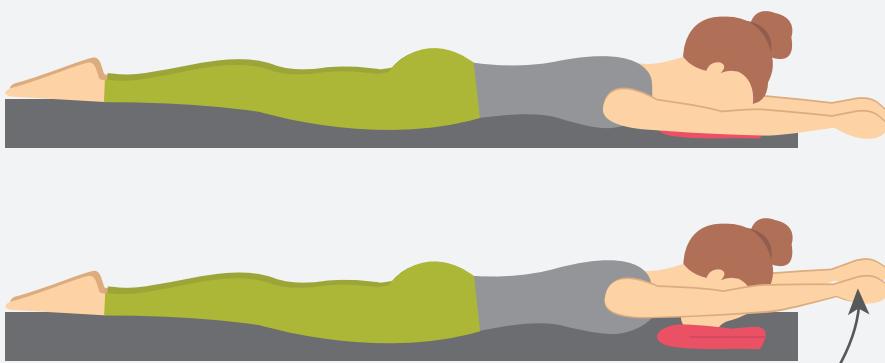
CORRECT SEATED POSTURE

Sit upright, feet flat on the floor. Imagine a string attached to the top of your head. Straighten your back as though the string is being pulled directly toward the ceiling. Be sure to keep your shoulders back and relaxed. Hold for 5 seconds. Relax. Repeat 4 times.



PRONE WITH SCAPULAR RETRACTION

Lie on your stomach with your arms overhead at a 45-degree angle from your sides, elbows bent. (Your arms and head create a "W" shape.) Lift your arms, hold for 5 seconds and lower. During the exercise, relax your back and avoid shrugging your shoulders. As you lift your arms, imagine squeezing your shoulder blades together. Relax. Repeat 10 times.



PRONE I WITH SCAPULAR RETRACTION (ARMS OVERHEAD)

Lie on your stomach with your head resting on a rolled towel, arms overhead. Squeeze your shoulder blades together and lift your arms slightly off the floor. Hold for 3 seconds. Keep your neck relaxed and avoid shrugging your shoulders. Relax. Repeat 10 times.