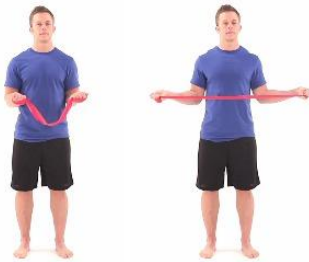




Home Exercise Program for Forward Neck Posture

Shoulder External Rotation and Scapular Retraction with Resistance



Setup: Begin in an upright standing position with your arms by your sides, holding a resistance band in both hands. Bend your elbows to approximately 90 degrees with your palms up.

Movement: Slowly rotate your forearms out to the side. As you do so, pinch your shoulder blades down and back together. Pause briefly, then return to the starting position.

Tip: Make sure that you keep the bend in your elbows as you rotate your arms. Avoid shrugging your shoulders.

Standing Shoulder Horizontal Abduction with Resistance



Setup: Begin in a standing position holding a resistance band in each hand with your arms straight in front of your body and fists facing the floor.

Movement: Pull your hands apart until they are directly to your sides, then return to the starting position and repeat.

Tip: Make sure to keep your arms level and squeeze your shoulder blades together as you pull the band. Maintain good posture during the exercise and avoid shrugging your shoulders.

Standing Shoulder Single Arm PNF D2 Flexion with Resistance



Setup: Begin standing upright with one arm crossed in front of your body, thumb pointing down, holding a resistance band that is anchored by your other hand at your hip.

Movement: Diagonally raise your arm overhead across your body, turning your arm so your thumb points up. Slowly reverse the movement and repeat.

Tip: Make sure to keep your elbow straight. Do not shrug your shoulders or arch your low back during the exercise.



Home Exercise Program for Forward Neck Posture

Cervical Retraction with Resistance



Setup: Begin sitting upright in a chair with a resistance band wrapped around your head, holding the ends in each hand.

Movement:

Bring your hands forward and at the same time pull straight backward on the resistance band with your head, tucking your chin.

Tip: Make sure to move your head straight backward, do not let your neck bend too far or rotate to either side.

Seated Assisted Cervical Rotation with Towel



Setup: Begin sitting in an upright position with a rolled towel around your neck. Hold each end of the towel with your hands crossed.

Movement: Lift your front hand upward until the towel is around the side of your head, then pull sideways, rotating your neck. Then bring your neck back to center and repeat.

Tip: Avoid bending your neck forward or backward. Only rotate your neck within a pain-free range of motion, and make sure to move slowly.

Seated Upper Trapezius Stretch



Setup: Begin sitting upright on a table grasping the edge with one hand.

Movement: Rotate your head up and to the side opposite of your anchored arm and slowly lean it toward your shoulder, applying pressure with your hand until you feel a stretch, and hold.

Tip: Make sure to keep your back straight during the exercise.



Home Exercise Program for Forward Neck Posture

Seated Levator Scapulae Stretch



Setup: Begin sitting upright in a chair, grasping the edge with one hand.

Movement: Rotate your head to the side opposite your anchored arm, then tuck your chin toward your chest. With your free hand, grasp the back of your head and gently pull it downward until you feel a stretch, and hold.

Tip: Make sure to keep your back straight during the exercise.

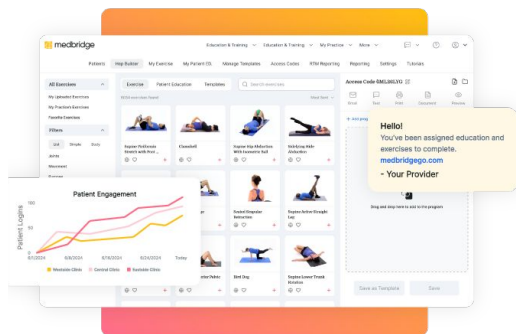
Sternocleidomastoid Stretch



Setup: Begin sitting upright with one hand placed flat on your collarbone.

Movement: Slowly tilt your head to the side away from your hand, then turn your head to look up toward the ceiling until you feel a gentle stretch in the side of your neck. Hold this position, then relax and repeat.

Tip: Make sure to keep your neck and shoulders relaxed during the stretch.



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