

Regions Hospital[®]

Rehabilitation Institute - St. Paul
Physical Therapy Clinic
295 Phalen Blvd
St. Paul, MN 55130
651-254-3200

Supine Chin Tuck



In supine or sitting

Lying with 1 pillows under your head, gently pull
your chin inward toward the pillows

Hold 3 seconds
Repeat 15 times
Do 2 Sets
Perform 2 times per day/week

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Upper Trapezius Stretch



Seated on chair, grab bottom of chair with R|L hand and relax shoulder. Tilt head towards L|R shoulder.

Hold 30 seconds
Repeat 3 times
Do 2 Sets
Perform 2 times per day/week

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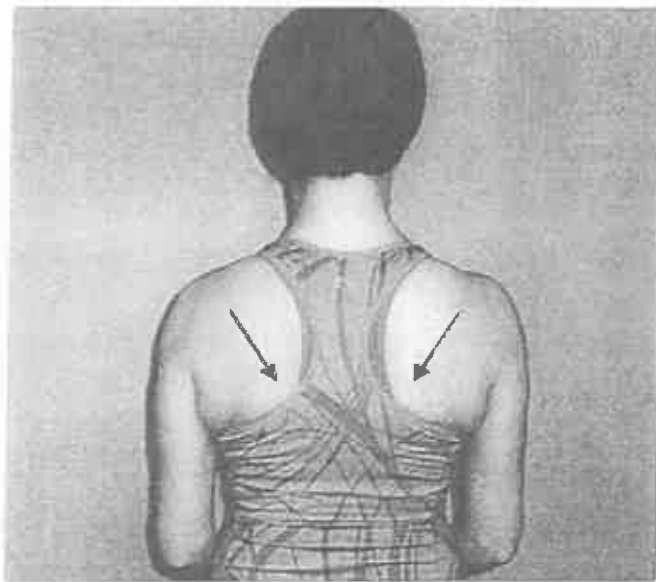
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Scapular Retraction Seated



Seated with upright posture, reach crown of head towards ceiling. Squeeze shoulder blades together and down. Hold and repeat.

Hold 3 seconds

Repeat 15 times

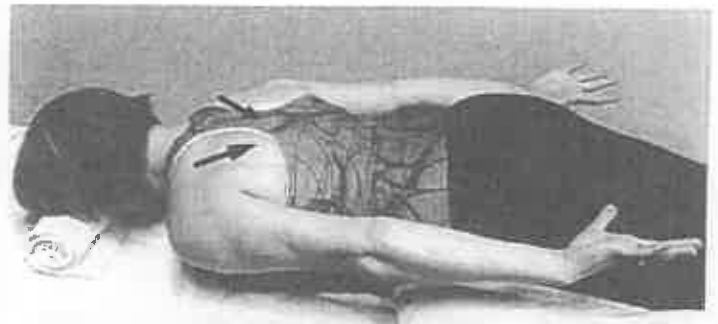
Do 2 Sets

Perform 2 times per day/week

Prone Lower Trapezius Level 1

Start Position

End Position



Lie on your stomach with a towel roll under forehead, arms down at sides. Palms up. Lifts hands toward ceiling, squeezing shoulder blades down and together.

Hold 3 seconds
Repeat 10-30 times
Do Sets
Perform 2 times per day/week

Scapular Retraction Standing Resisted



Start Position



End Position

Standing facing door, squeeze shoulder blades together with elbows bent. Keep shoulder blades back and down, avoid shoulder hiking, and neck in neutral position.

Hold 3 seconds

Repeat 15 times

Do 2 Sets

Perform 3 times per day/week

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Shoulder Pulldown Standing Resisted



Start Position



End Position

Standing facing door, squeeze shoulder blades together and down with elbows bent (making a "W" with arms). Avoid shoulder hiking, and neck in neutral position.

Hold 3 seconds
Repeat 15 times
Do 2 Sets
Perform 3 times per day/week

Proper Worksite Set-Up

HEAD Directly over shoulders, without straining forward or backward, about an arm's length from screen.

NECK Elongated and relaxed.

SHOULDERS Kept down, with the chest open and wide.

BACK Upright or inclined slightly forward from the hips. Maintain the slight natural curve of the lower back.

ELBOWS Relaxed, at about a right angle.

WRISTS Relaxed and in a neutral position, without flexing up or down.

KNEES Slightly lower than the hips.

CHAIR Sloped slightly forward to facilitate proper knee position.



SCREEN
At eye level or slightly lower.

FINGERS
Gently curved.

KEYBOARD

Best when kept flat (for proper wrist positioning) and at or just below elbow level. Computer keys that are far away should be reached by moving the entire arm, starting from the shoulders, rather than by twisting the wrists or straining the fingers. Take frequent rest breaks.

FEET Firmly planted on the floor. Shorter people may need a footrest.

Source: Miller Institute,
St. Luke's-Roosevelt Hospital