

Special Instructions:

CHEST LIFT with CHIN GLIDES



Tilt chest up as you take in a deep breath, and keep shoulders down and relaxed. Glide head back to line up ear with shoulder, keeping eyes level. Hesitate in this position, and lower slowly as you exhale.

Repeat.

Reps: _____

Hold: _____

SIDE NECK STRETCH



Retract head. Bend your neck sideways, do not allow your head to turn. Keep looking straight ahead. Bring your ear close to your shoulder. Hold for a few seconds and return your head to the starting position.

Reps: _____

Hold: _____

PEC STRETCH

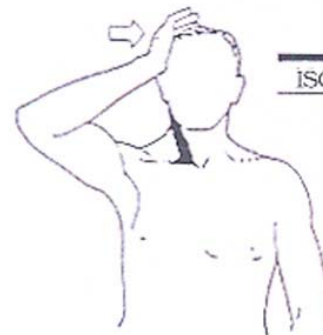


Place forearms and elbows against door jams as shown. Slowly step through doorway with one foot. Feel stretch on chest and front of shoulders. Maintain straight neck and low back position.

Reps: _____

Hold: _____

RHOMBOID PULL



ISOMETRIC EXERCISES

FIGURE 35. Isometric Exercise I. (Smith C: Isometric Exercises for Men and Women. Philadelphia, JB Lippincott, 1966)

(Fig. 35): With head held erect and face squarely forward, place the base of the right palm (the part of the palm nearest the forearm) against your head, just above the right ear. Push your head toward the right while resisting with the palm so that there is no appreciable motion. Hold the exercise for the count of "one hundred and one." Repeat this exercise on the left side.