



**Foam Roll Matrix**

Perform 1 Time(s) a Day

Lay back onto a foam roll, with the foam roll placed along your spine, knees bent and feet placed on the table. Draw in your core to flatten back onto foam roller. Bring your arms up to shoulder height, elbows bent at 90 degrees. Begin in this position, trying to relax and let the arms fall towards the table.

Follow this progression with 5-10 reps of each movement using a slow, controlled tempo:

1. Hold for 30 seconds
2. chest fly
3. Scarecrow slides
4. Shoulder Flexion
5. Big arm circles (Flexion --> Hips)
6. Big arm circles (Hips --> Extension)



**Lower Trap Lift Off**

Repeat 15 Times  
 Hold 2 Seconds  
 Complete 2 Sets  
 Perform 1 Time(s) a Day

Begin in child's pose, with core engaged, chin slightly tucked, and thumbs pointing up. Slowly lift one arm off of table until in line with your ear (unless you feel compensation or pain before that point). Hold for 2 seconds, then lower down slowly as you count to 4.

After finishing repetitions, repeat on opposite side.



**3D Hip Flexor Stretch**

Perform 1 Time(s) a Day

Prop one foot up onto a chair and keep feet hip-width apart and pointing straight forward. Draw in your belly button to engage core muscles. With each repetition, you will slightly and slowly push your hips forward while your arms swing to assist stretching the various directions of muscle fibers. Perform 5-10 repetitions of each variation:

1. Start with arms at hips and swing forward with your hips to bring arms overhead.
2. Start with arms overhead and lean to the side (over your bent knee) with each hip motion
3. Start with arms in front of you and rotate slightly (over your bent knee) with each hip motion.

## BRIDGING

While lying on your back, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body.



Repeat 15 Times  
Hold 1 Second  
Complete 2 Sets  
Perform 1 Time(s) a Day

## UPPER TRAP STRETCH

Begin by retracting your head back into a chin tuck position. Next, place one hand behind your back and gently draw your head towards the opposite side with the help of your other arm.



Repeat 3 Times  
Hold 10 Seconds  
Complete 1 Set  
Perform 2 Time(s) a Day

## LEVATOR SCAPULAE STRETCH

Place the arm on the affected side behind your back and use your other hand to draw your head downward and towards the opposite side.



You should be looking towards your opposite pocket of the affected side.

Repeat 3 Times  
Hold 10 Seconds  
Complete 1 Set  
Perform 2 Time(s) a Day

## Thoracic Rotation with Foam Roll

Lay on your side with your top leg on the foam roller and your bottom leg extended.

Then roll your upper back to the floor aiming to get your top shoulder flat.

Exhale and let gravity help you stretch.



Repeat 5 Times  
Hold 5 Seconds  
Complete 1 Set  
Perform 2 Time(s) a Day



### Cervical Retractions

Tuck chin pressing head straight down into bed or mat table. It may help to place a rolled up towel or small ball behind your neck. Imagine flattening the ball or towel with your neck while drawing chin downward.

Repeat 10 Times  
Hold 10 Seconds  
Complete 2 Sets  
Perform 2 Time(s) a Day