



Chin Tucks



Upper Trapezius
Stretch



Levator Scapulae
Stretch



Shoulder Rolls



Lower Trapezius Activation



Scapula Retraction in
Neutral Position



Scapula Retraction with
Hands Behind Head

Disclaimer: The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions.



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