**Stretching Exercises:**

Hold 15-30 seconds 1x through once a day (or more)

1. **Neck and shoulder stretch**
   - Place your right hand behind your back and grab your right wrist with left hand. Tilt head toward left shoulder and gently pull right hand toward left hip. Hold for 15-30 seconds. Relax and switch sides. Repeat a second time on both sides.

2. **Upper cervical spine stretch**
   - From an elevated chest position while seated, dip your head forward slightly as if you were nodding “yes.” Feel the stretch in the neck at the base of the head. Pause for 10 seconds, then relax and repeat 5 to 10 times. Tip: Gently use hand to bend neck down.

3. **Chin Tuck**
   - Assume the chest elevation position while sitting. Keeping your chin level with the floor, pull your chin, head, and neck inward (not down). Hold for 10 seconds, then relax and repeat.
   - **Tip:** Placing your finger on your upper lip may help guide your head through the proper range of motion and correct any mistakes.

4. **Chest stretch**
   - Interlock your fingers behind you, keeping back straight. Push arms up while pulling your shoulder blades together. Hold for 15-30 seconds. Relax and repeat.

5. **Upper back stretch**
   - Interlock your fingers and extend arms in front of you at shoulder height so that palms are facing away from you or down. Drop head between arms and push arms out. Hold for 15-30 seconds. Relax and repeat.

6. **Hip flexor stretch with lateral reach**
   - Stand with feet hip-width apart. Step right leg forward and lower into a lunge. Reach left arm up and gently reach to the right. Hold for a 15-30 seconds and repeat on other side.
   - **Tip:** Stay tall throughout the stretch. Incorporate a posterior pelvic tilt. If you don’t feel it, squeeze your glutes harder.
Strength Exercises:

10 reps of each 1x through once a day (or more)

- Triceps desk push-ups
- Chair squats
- Shoulder blade squeeze (x2 10 sec hold)
- Split squat or Bulgarian chair squats
- Plank (15 sec hold)
- Carpal tunnel reliever (x2 10 sec hold)
- Standing side leg raise
- Shoulde blade squeeze (x2 10 sec hold)