

Theraband

Users Guide

SELF-CARE Strengthening Exercise for:

- Rounded Shoulders
- Forward Neck
- Poor Posture

1. Stand comfortably, with pelvis slightly tucked.
2. Elbows should be placed toward the front of your waist.
3. Keep your arms at 90 degree angle.
4. Hold both ends of Theraband with your thumbs pointing outward.
5. **Engage your lats and back of your shoulders** as you extend your arms slightly more outward about 6 inches.
6. Pump this motion at a pace of 1 pump per second.
7. Repeat at least 20 times daily, and increase repetitions daily 10 more times each day.

