

# Directions for use:



Congratulations on taking the first step to permanently relieving pain while improving your posture!

- Play video to left first.
- For more targeted pain relief, find your symptoms at the top of the following pages and follow the videos in that column.
- The first hyperlink in each column starts a playlist.
- Each video has a hyperlink next to it for reference.
- Follow the Progression Chart on back. Once you can perform 12 repetitions of :10 each, **switch to heavier band for more resistance.**

Disclaimer: The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

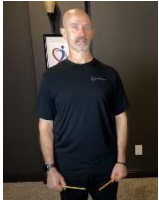


**If you have:**

- Pain/spasms between shoulder blades
- Pain across sternum
- Tingling or numbness in arms, especially at night

**Muscles involved: Chest and Middle Back**

Chest Tightness Test:



[YouTube Video](#)



Chest Static and Dynamic Release and Stretch:



[YouTube Video](#)



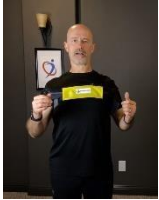
Middle Back Static and Dynamic Release:



[YouTube Video](#)



Middle Back Strengthener:



[YouTube Video](#)



Middle Back Stretch:



[YouTube Video](#)

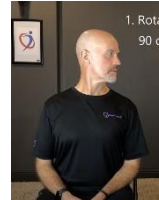


**If you have:**

- Headache at base of skull
- Pain across the shoulder girdle
- Pain between shoulder blades
- Difficulty rotating or tilting head

**Muscles Involved: Upper Back/Neck (Upper Trapezius)**

Upper Back/Neck Tightness test:



[YouTube Video](#)



Upper Back/Neck Static and Dynamic Release:



[YouTube Video](#)



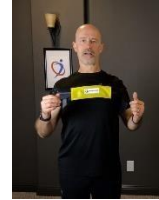
Upper Back/Neck Stretch:



[YouTube Video](#)



Middle Back Strengthener:



[YouTube Video](#)



Middle Back Stretch:



[YouTube Video](#)



**If you have:**

- Kink in neck
- Headache at back of head
- Difficulty rotating head
- Difficulty putting chin on chest

**Muscles Involved: Neck (Levator Scapulae)**

Levator Scapulae Tightness Test:



[YouTube Video](#)



Levator Scapulae Static and Dynamic Release:



[YouTube Video](#)



Levator Scapulae Stretch:



[YouTube Video](#)



Middle Back Strengthener:



[YouTube Video](#)



Middle Back Stretch:



[YouTube Video](#)



**If you have:**

- Numbness or tingling in hand or arm
- Difficulty tilting head to side

**Muscles Involved: Side of neck (Scalene)**

Scalene Tightness Test:



[YouTube Video](#)



Scalene Stretch:



[YouTube Video](#)



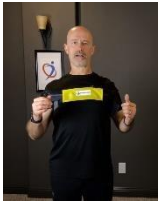
Middle Back Static and Dynamic Release:



[YouTube Video](#)



Middle Back Strengthener:



[YouTube Video](#)



Middle Back Stretch:



[YouTube Video](#)



**If you have:**

- Headache at top of head
- Unable to align ear above shoulder

**Muscles Involved: Front of neck (Sternocleidomastoid)**

Sternocleidomastoid Tightness Test:



[YouTube Video](#)



Sternocleidomastoid Release:



[YouTube Video](#)



Sternocleidomastoid Stretch:



[YouTube Video](#)



Middle Back Strengthener:



[YouTube Video](#)



Middle Back Stretch:



[YouTube Video](#)



**If you have:**

- Difficulty putting chin on chest

**Muscles Involved: Back of neck (Suboccipital)**

Suboccipital Tightness Test:



[YouTube Video](#)



Suboccipital Release:



[YouTube Video](#)



Suboccipital Stretch:



[YouTube Video](#)



Middle Back Strengthener:



[YouTube Video](#)



Middle Back Stretch:



[YouTube Video](#)

Middle Back Strengtheners Progression Chart

**Lighter Band**

Check Box When Completed

	<b>Reps</b>	<b>Seconds</b>	<b>Total Exercise Time</b>	<b>Mon/Tues</b>	<b>Wed/Thurs</b>	<b>Fri/Sat</b>
<b>Week 1</b>	<b>5</b>	<b>:05</b>	<b>:25</b>			
<b>Week 2</b>	<b>7-8</b>	<b>:05</b>	<b>:35-:40</b>			
<b>Week 3</b>	<b>9-11</b>	<b>:05</b>	<b>:45-:55</b>			
<b>Week 4</b>	<b>11-12</b>	<b>:05</b>	<b>:55-:60</b>			
<b>Week 5</b>	<b>9</b>	<b>:07</b>	<b>:63</b>			
<b>Week 6</b>	<b>10-11</b>	<b>:07</b>	<b>:70-:77</b>			
<b>Week 7</b>	<b>11-12</b>	<b>:07</b>	<b>:77-:84</b>			
<b>Week 8</b>	<b>12</b>	<b>:07</b>	<b>:84</b>			
<b>Week 9</b>	<b>9</b>	<b>:10</b>	<b>:90</b>			
<b>Week 10</b>	<b>10</b>	<b>:10</b>	<b>1:00</b>			
<b>Week 11</b>	<b>11</b>	<b>:10</b>	<b>1:10</b>			
<b>Week 12</b>	<b>12</b>	<b>:10</b>	<b>1:20</b>			

Middle Back Strengtheners Progression Chart

**Heavier Band**

Check Box When Completed

	<b>Reps</b>	<b>Seconds</b>	<b>Total Exercise Time</b>	<b>Mon/Tues</b>	<b>Wed/Thurs</b>	<b>Fri/Sat</b>
<b>Week 1</b>	<b>5</b>	<b>:05</b>	<b>:25</b>			
<b>Week 2</b>	<b>7-8</b>	<b>:05</b>	<b>:35-:40</b>			
<b>Week 3</b>	<b>9-11</b>	<b>:05</b>	<b>:45-:55</b>			
<b>Week 4</b>	<b>11-12</b>	<b>:05</b>	<b>:55-:60</b>			
<b>Week 5</b>	<b>9</b>	<b>:07</b>	<b>:63</b>			
<b>Week 6</b>	<b>10-11</b>	<b>:07</b>	<b>:70-:77</b>			
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<b>Week 8</b>	<b>12</b>	<b>:07</b>	<b>:84</b>			
<b>Week 9</b>	<b>9</b>	<b>:10</b>	<b>:90</b>			
<b>Week 10</b>	<b>10</b>	<b>:10</b>	<b>1:00</b>			
<b>Week 11</b>	<b>11</b>	<b>:10</b>	<b>1:10</b>			
<b>Week 12</b>	<b>12</b>	<b>:10</b>	<b>1:20</b>			