

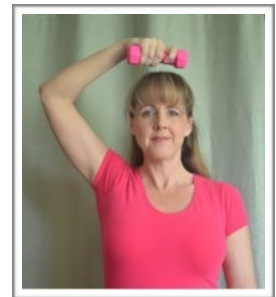


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## The Upper Back/Shoulder

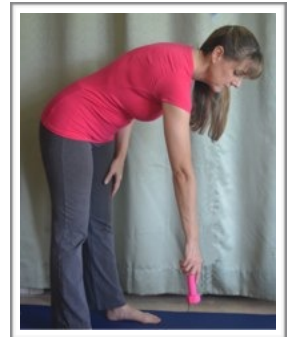
### 1. BRUSH YOUR HAIR

Using no more than 5 pounds of weight, bring weight along the top of your head (front to back) and extend arm out in a circular motion. Start with 1 set of 10. Work up to 3 sets of 10. Repeat going the opposite direction (back to front). Repeat on the other arm.



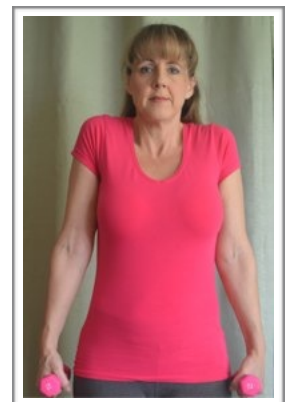
### 2. BENDOVERS

Using no more than 5 pounds of weight, bendover slightly and let the arm hang. Start drawing small circles clockwise and increase the size as you count to 10. Come back to center and repeat in the counter-clockwise direction. Start with 1 set of 10. Work up to 3 sets of 10. Repeat on other arm.



### 3. SHRUGS

Using two weights of no more than 5 pounds, SLOWLY lift your shoulders up. Hold for a two count. Lower your shoulders as if pushing down. Start with 1 set of 10. Work up to 3 sets of 10.



NOTE: Exercises only need to be done once per day. Do them everyday until you feel better. Once you are better, do them 2 to 3 times per week to keep everything working well.