1. **Cervical Flexion**
   Tilt your head downwards, then return back to looking straight ahead.
   - Repeat: 5 Times
   - Hold: 5 Seconds
   - Complete: 1 Set
   - Perform: 2 Time(s) a Day

2. **Cervical Extension**
   Tilt your head upwards, then return to looking straight ahead.
   - Repeat: 5 Times
   - Hold: 5 Seconds
   - Complete: 1 Set
   - Perform: 2 Time(s) a Day

3. **Cervical Rotation**
   Turn your head towards the side, then return back to looking straight ahead.
   - Repeat: 5 Times
   - Hold: 5 Seconds
   - Complete: 1 Set
   - Perform: 2 Time(s) a Day

4. **Upper Trap Stretch**
   Begin by retracting your head back into a chin tuck position. Next, place one hand behind your back and gently draw your head towards the opposite side with the help of your other arm.
   - Repeat: 5 Times
   - Hold: 3 Seconds
   - Complete: 1 Set
   - Perform: 2 Time(s) a Day

5. **Mid-Thoracic Stretch**
   Clasp hands together and reach forward and down until you feel a stretch in the upper back. Bend the head down to complete the stretch.
   - Repeat: 10 Times
   - Hold: 5 Seconds
   - Complete: 1 Set
   - Perform: 2 Time(s) a Day

6. **Thoracic Extension in Seated Position**
   Sit at your desk chair with your buttocks against the back of the chair and spread your arms into a “Y” position, opening up your chest.
   - Repeat: 5 Times
   - Hold: 2 Seconds
   - Complete: 1 Set
   - Perform: 2 Time(s) a Day

7. **Myofascial Release for Upper & Mid Back**
   Sitting with a tall posture, hold on to the sides of the back of the chair. Rotate to point of resistance and maintain pressure at that point. Stretch should be felt mid-back up through shoulders.
   - Repeat: 5 Times
   - Hold: 5 Seconds
   - Complete: 1 Set
   - Perform: 2 Time(s) a Day

8. **Seated External Rotator Stretch**
   Sitting on the edge of a chair, cross leg to be stretched so that the ankle is resting on the opposite knee. Using both hands and maintaining a neutral spine, pull knee toward the opposite shoulder until a stretch is felt in the outside of the hip. Then push down on bent knee with the same hand to increase stretch. Perform on both legs.
   - Repeat: 5 Times
   - Hold: 5 Seconds
   - Complete: 1 Set
   - Perform: 2 Time(s) a Day