Neck and Shoulders Routine:

1. Heating pad with massager for 20 min
2. Push hand against neck four directions, 10x for 5 sec each
3. Push neck back 30x for 5 sec
4. Turn neck all the way, 10x each side for 10 sec
5. Stretch chest against doorframe, 10x for 10 sec
6. Weight in each hand, face down, Y shape, 10x
7. Weight in each hand, face down, T shape, 10x
8. Stretch band, three sets of 10, T shape
9. Overhead stretch band, 3 sets of 10
10. 10lbs weight, shrug shoulders while slightly leaning over, 10x
11. Roll out back with foam roller