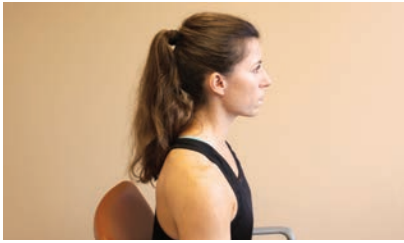


CERVICAL STRETCHING AND POSTURE

Seated Cervical Retraction

Reps: 10 Sets: 3 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Begin sitting in an upright position with your feet flat on the floor.

Movement

Gently draw your chin in, while keeping your eyes fixed on something in front of you.

Tip

Make sure that you do not look down as you do this exercise, or bend your neck forward.

Standing Scapular Retraction

Reps: 10 Sets: 3 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Begin in a standing upright position with your arms resting at your sides.

Movement

Gently squeeze your shoulder blades together, then relax them and repeat.

Tip

Make sure to keep your back relaxed and do not shrug your shoulders during the exercise.

Seated Cervical Sidebending Stretch

Reps: 5 Sets: 1 Hold (sec): 15 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Begin sitting in an upright position.

Movement

Use one hand to tilt your head sideways, pulling your ear toward one shoulder until you feel a stretch in the opposite side of your neck, and hold.

Tip

Make sure to keep your back straight and do not let your head rotate, or bend forward or backward.

Seated Levator Scapulae Stretch

Reps: 5 Sets: 1 Hold (sec): 15 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Begin sitting upright in a chair, grasping the edge with one hand.

Movement

Rotate your head to the side opposite your anchored arm, then tuck your chin towards your chest. With your free hand, grasp the back of your head and gently pull it downward until you feel a stretch and hold.

Tip

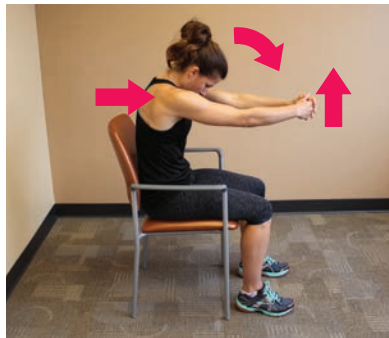
Make sure to keep your back straight during the exercise.

Lower Cervical and Upper Thoracic Stretch

Reps: 5 Sets: 1 Hold (sec): 15 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Begin in a standing or sitting position. Clasp your hands in front of your body with your arms straight.

Movement

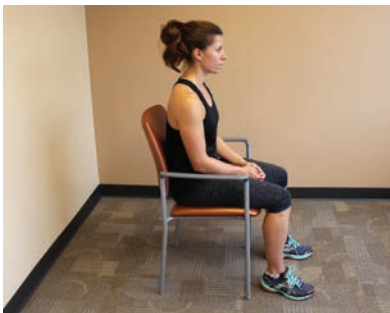
Slowly roll your head downward, bend your shoulders forward, and lift your arms until you feel a stretch in your lower neck and upper back. Think about pulling your shoulder blades apart.

Tip

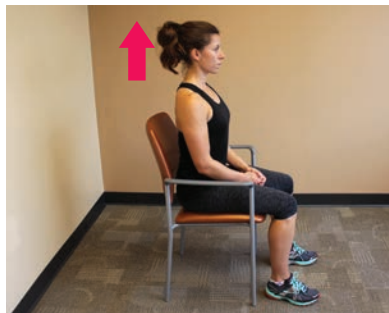
Make sure not to slouch your lower back during the stretch.

Correct Seated Posture

Reps: 10 Sets: 3 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Begin sitting upright in a chair with your feet resting flat on the floor.

Movement

Imagine a string attached to the top of your head. Straighten your back as if the string were being pulled directly up to the ceiling.

Tip

Make sure to keep your shoulders back and relaxed during the exercise.