

NECK HEALTH GUIDE



UNLOADING
Place a pillow under each arm to help offload your neck and shoulders. Utilize while sitting for prolonged periods of time.



SCAP SQUEEZE
Sit tall, pull your shoulder blades together and down away from ears to open up your chest. Hold for 5". 10x



CHIN TUCK
Curl your chin as if making a double chin and ears lining up over the shoulders. Hold 10". 5x



SIDE BEND/ROTATE
I. Curl chin down
II. Rotate head down toward armpit, add gentle hand pressure to increase stretch. Hold 10". 5x



PEC STRETCH
Place hand on wall at shoulder level or higher, squeeze shoulder blades & rotate body away from the fixed hand. Hold 30". 3x



TUCK & ROTATE
Place 3 fingers just below Adams apple, tuck chin down to fingers and then rotate head to each side. Hold 3". 10x each



**THUMB SLIDES/
WALL ANGEL**
While keeping head & spine on wall, raise arms to side w/ elbows bent & thumbs or fingertips on wall, slide hands up wall 10x



EXTEND MIDBACK
Keeping chin tucked, with hands behind head if able, lean back over the edge of a chair, 10x



OPEN BOOK
In side lying position, reach top arm over, while opening chest up toward ceiling, keep knees down. 5x each



NECK EXTENSION
Laying face down, rest forehead on hands, gently drag your nose along your hands until your chin hits your hands 10x



PRONE "A"
Laying face down w/ arms at your side, palms down. Squeeze shoulder blades lifting shoulders and hands off ground. Hold 5". 10x

TIPS

- I. Pick 5 daily
- II. Pain-free or low-level discomfort w/ exercises
- III. Don't force it
- IV. Motion is lotion
- V. Hourly breaks from sitting

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