

Upper Back
and Neck

EXERCISES

GENERAL INSTRUCTIONS:
Hold each position described below for
a slow count of 10. Repeat 5 times.

NECK ROTATION: Sit in a comfortable chair. Turn your head slowly to the right as far as possible. Then turn to the left. Relax your neck muscles.

LATERAL FLEXION: Tilt your head and bring your ear down to touch your shoulder on each side.

FLEXION/ EXTENSION: Lower your chin slowly to your chest, keeping your mouth closed. Go back to a neutral position. Tilt your head back as far as possible to look up at the ceiling.

LEVATOR SCAPULAE: Place your hands behind your head. Gently move your chin to your chest, while slowly turning toward the left. Repeat exercise towards your right side.



SUBOCCIPITALS: Lie flat on your back, or stand against a wall. Place a pillow behind your head. Tuck in your chin and push your head and neck into the pillow.

SCALENES: Stand upright. Clasp your hands behind your back. Lower your left shoulder and tilt your head to the left.



UPPER TRAPEZIUS:#1 Stand upright. Place your hands on the small of your back. Tilt and rotate your head to the left looking toward your underarm Repeat for the right side.



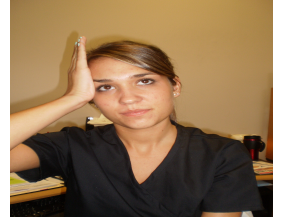
UPPER TRAPEZIUS: #2 Stand upright. Shrug your shoulders up toward your ears.

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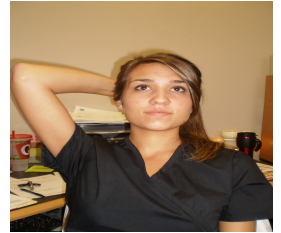
FLEXION: Press your forehead into your palm.



SIDE BENDING: Press your right palm on the right side of your head. Press your head against your palm.



EXTENSION: Place your palm on the back of your head. Press your head against your palm.



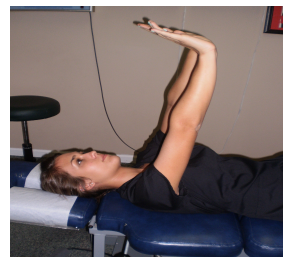
RHOMBOIDS #1: Stand upright. Clasp your hands at the small of your back. Pinch your shoulder blades together.



RHOMBOIDS #2: Stand upright. Clasp your hands behind your head. Pinch your shoulder blades together.



SERRATUS ANTERIOR: Lie on your back with your knees bent. Raise your arm and push your hands towards the ceiling.



LATISSIMUS: Sit on a firm chair. Place your hands on the seat on either side of you. Lift your buttocks off the chair.

