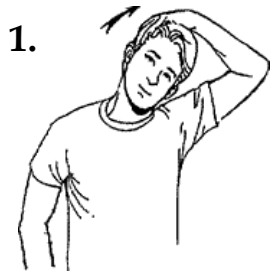


# Upper Back & Neck Exercises

Perform stretches 3 times per day. Hold each stretch 30 seconds.



## Upper Trapezius Stretch

- Place lower arm behind back
- Pull head to opposite side



## Levator Scapula Stretch

- Place lower arm under leg
- Pull head forward and to opposite side

3.



## Posterior Neck Stretch

- Clasp hands behind head
- Pull forward

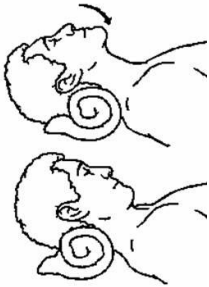
4.



## Scalene Stretch

- Pull down on collar bone
- Turn head away and bring jaw up to ceiling

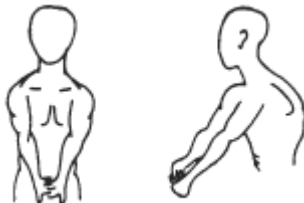
5.



## Neck Flexor Strengthening

- Place towel roll under neck
- Bring chin to chest & release
- Repeat 10 - 15 times

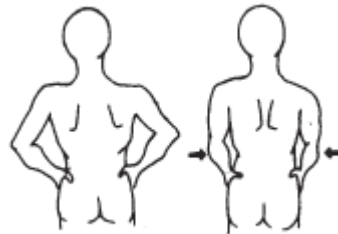
6.



## Rhomboid Stretch

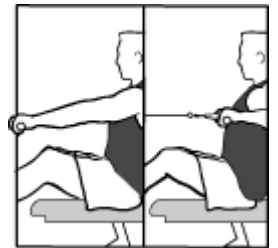
- Pull arms forward

7.



## Rhomboid Strengthening

- Squeeze scapulae together
- Repeat 10 - 15 times



OR Rowing Exercise

8.



## Thoracic Extension

- Clasp hands behind head
- Extend backwards

10.



## Biceps Stretch

- Stretch arms behind you
- Move hips forward

12.



## Triceps Stretch

- Clasp elbow
- Pull arm overhead

9.



## Pectoral Stretch

- Place forearm against doorway
- Turn away from arm
- Push torso forward
- Perform with upper arm at 90° and 120°

11.



## Latissimus Dorsi Stretch

- Pull arm overhead

