

Neck and Upper Back Exercises

Upper Back Stretch



Rows



Shrugs

Start



Finish



Figure 1. To start out, hook the tubing over a doorknob. With both hands in each loop, holding onto the tubing, walk backwards to tension. Relax your shoulders forward and relax the upper back. Keep holding this position for a few seconds. Next make little circles with your arms for 30 seconds. Then step forward one step and pull your elbows backwards pinching your shoulder blades together with your chest and head up. Do two sets of 15 repetitions three times a day.

Figure 2. Next, place the tubing under one of your feet. Hold onto the tubing with both hands through the loops. Stand up straight with your chest and head up. Shrug your shoulders up to your ears and return them back to the rested position. Do two sets of 15 repetitions three times each day.

McKenzie Neck Exercises

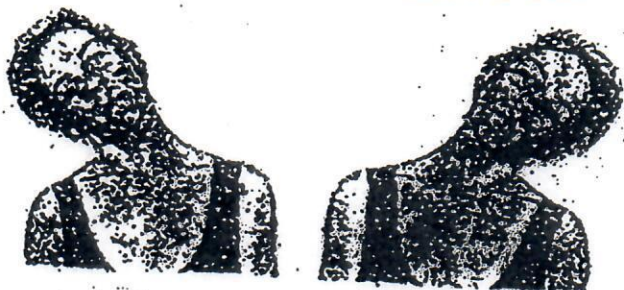


Figure 3. Now pick a spot even with your nose on a mirror. Then move your head side to side keeping your nose lined up on the spot. Do this several times until it feels good.

* Remember to never exercise into pain. All exercises should be pain-free. Never ice before exercise, always after.

Notes: _____

