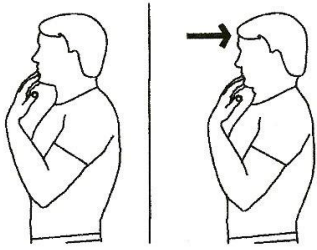
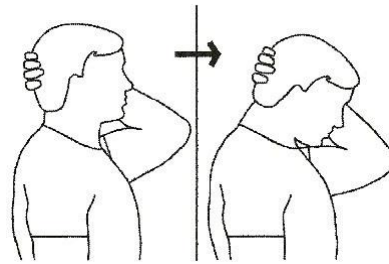


Neck and Mid-Back Exercises



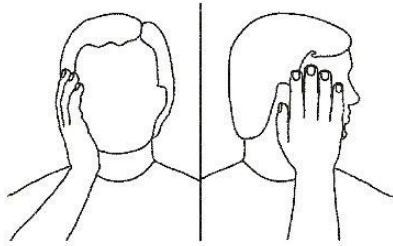
Cervical retraction

- Sit or stand, looking forward, with good posture.
- Tuck chin in.
- Return to start position.



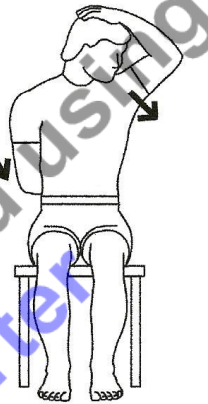
Cervical flexion

- Place hand on back of head.
- Gently push chin to chest.



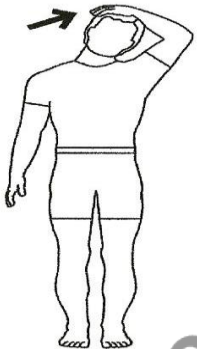
Cervical rotation

- Place right fingers against right cheek bone.
- Gently rotate head to left as shown.
- Repeat with left hand in left direction.



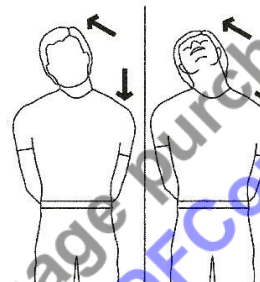
Levator Scapulae

- Sit up straight.
- Reach right arm behind back or grab seat.
- Place left hand on top of head.
- Pull head down and to diagonally to the left, looking toward the left hip.
- Repeat on other side.



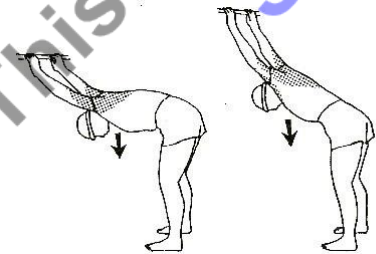
Upper trapezius

- Sit or stand up straight.
- Place right hand on top of head.
- Keep head facing forward and gently pull - head sideways to right.
- Repeat with left arm gently pulling head to the left.



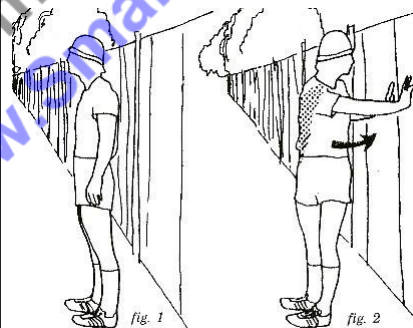
Scalenes

- Sit or stand up straight. Hold hands behind back.
- Lower left shoulder, tilt head to right, and slightly upward.
- Repeat with other side.



Upper Back

- Place both hands shoulder width apart on a fence or ledge and let your upper body drop down as you keep your knees slightly bent.

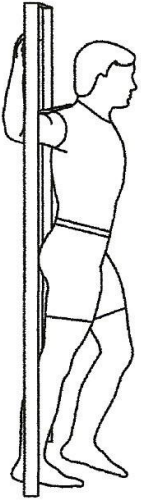


Back Rotation

- Stand 12 -24 inches away from a wall with your back towards the wall.
- Slowly turn your upper body around until you can easily place your hands on the wall.
- Return to start position and repeat on other side.

See other side for additional stretches

Neck and Mid-Back Exercises

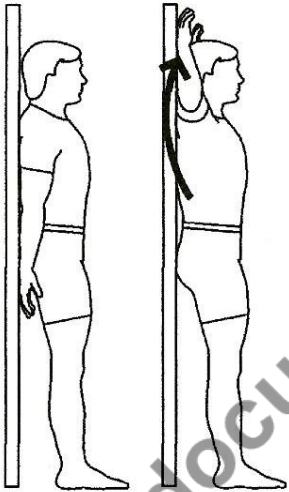
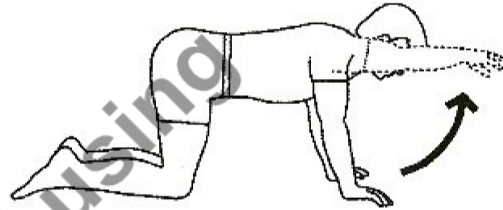


Pectoral stretch

- Stand at doorway with forearms on door frame, elbows bent to 90 degrees.
- Keep back straight and step forward with one leg until a gentle stretch is felt across chest and in front of shoulder.
- Step back in doorway, reach arm up higher and step forward again letting elbow come through the doorway until gentle stretch is felt near your armpit.

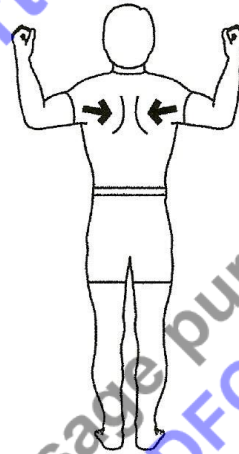
Alternate Arm Quadruped

- Kneel on all fours.
- Lift arm up, keeping elbow straight.
- Return to start position.
- Lift right arm, lower and repeat.



Thoracic extension

- Lie on floor or stand against wall.
- Keep low back flat on the floor or wall.
- Bring arms up from side, with palms forward.
- Keep arms in contact with floor or wall.



Shoulder retraction

- Stand with arms out from side, elbows bent to 90 degrees.
- Squeeze shoulder blades together, moving arms backward.
- Relax and repeat.

ICE:

Apply ice to the painful area for 15-20 minutes, then leave off for at least 30 minutes. Wrapping the ice in a towel will help prevent freezer burn to your skin. Apply the ice as often as possible until your pain subsides. Ice is an excellent anti-inflammatory.

HEAT:

Apply heat to the painful area for 20-30 minutes, then leave off for 30 minutes.

PERFORM ALL OF THE RECOMMENDED STRETCHES _____ TIMES PER DAY. HOLD EACH STRETCH WHILE DEEP BREATHING FOR 8-10 SECONDS AND REPEAT 3 TIMES EACH SESSION.