

Postural Exercises

These exercises will help change your habits through postural awareness, improve strength and flexibility in your neck and upper back. Do one or two of these stretches every 20 – 30 minutes when you are working at a computer, texting, cooking, watching TV, or any other prolonged activity. Do these exercises in a slow and controlled way.

Postural Tips

- Avoid holding your neck still or keeping it in one position. Even a “good position” can cause muscle fatigue if maintained for too long.
- Set up your work area to be ergonomically correct both at work and at home.
- Keep your phone, mouse, and other regularly used items close by at your workstation.
- Get as close as you can to the object you are reaching for or lifting.
- Set an alarm on your computer as a stretch reminder.
- Avoid sitting on low chairs and soft couches.
- Maintain good sitting posture when using a laptop, texting, or reading.

Finding Good Sitting Posture

- Sit with your legs uncrossed and feet flat on the floor.
- Sit tall by rocking forward on your sit bones.
- Gently draw your shoulder blades back and down.
- Make sure the back of your neck is taller than the front by gently nodding your chin down as if you are saying “yes.”

Shoulder Blade Squeeze

Sit or stand with good posture. Reach both hands down toward the floor and squeeze your shoulder blades together. Hold for 5 seconds. Repeat 2 – 3 times.

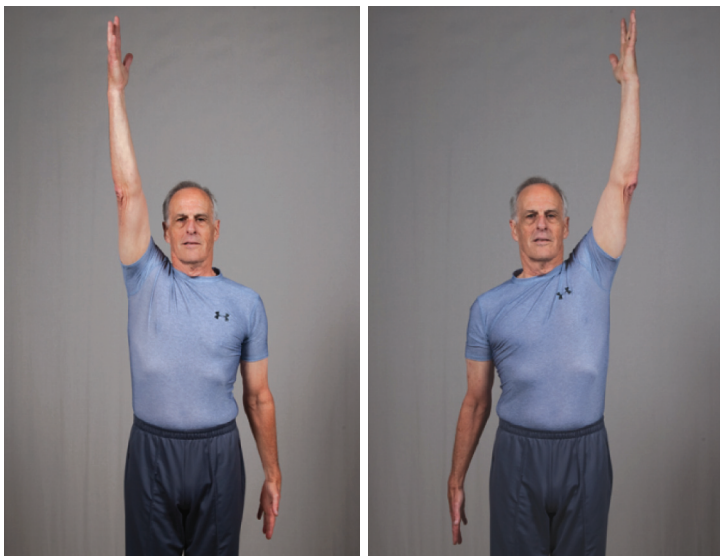
Hands behind head

Place both hands behind your head with your elbows forward. Make sure your hands are just touching the back of your head. Do not push your head forward. Squeeze your shoulder blades together and bring your elbows back. Hold for 5 seconds, repeat 2 – 3 times.



Postural Exercises (continued)

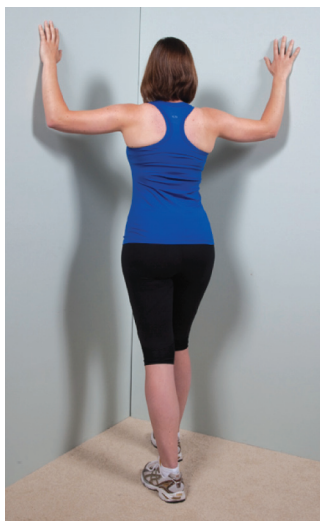
Alternating Over Head Reach



Raise one hand up over your head and slightly back. Reach the other hand down toward the floor and slightly back. Hold for 5 seconds and then switch arms. Repeat 2 – 3 times with each arm.

Corner Stretch

Face the corner. Place one foot forward and one hand on each wall. Continue to maintain good posture and lean in until you feel a stretch in front of your shoulders and chest. Hold for 10 – 30 seconds and repeat 2 – 3 times. Place your hands higher or lower to vary the stretch.



Consult with your physical therapist or doctor if you experience an increase in your symptoms with recommended exercises, or if you develop new symptoms of numbness, tingling, or a spread of the pain. This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. If you have questions or need more information about your medication, please speak to your pharmacist.

Neck Range-of-Motion Exercises



Neck Turning

Sit with good posture. Turn your head slowly from one side to the other. Move as far as you can comfortably. Repeat 5 times to each side.



Head Nodding

Sit or stand with good posture. Slowly nod your head as if you were saying “yes.” Move as far as you can comfortably. Repeat 5 times.