



RETRACTION / CHIN TUCK

Slowly draw your head back so that your ears line up with your shoulders.

Make a double chin. Hold for 10 seconds.

Anyone who works on a computer or uses a smart phone needs to do this. Especially children. To save their spine make your kids do this exercise with you and come in to Dr. Steve for a check up...before its too late.

If your spine was on your face you would care !

Repeat 3 Times
Hold 10 Seconds
Complete 1 Set
Perform 3 Time(s) a Day



UPPER TRAP STRETCH - HAND ON HEAD

Begin by retracting your head back into a chin tuck position. Next, move your head towards one side with the help of hand.

Repeat 3 Times
Hold 30 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day



LEVATOR SCAPULAE STRETCH - HAND BEHIND BACK AND TOP OF HEAD

Place the arm on the affected side behind your back and use your other hand to draw your head downward and towards the opposite side.

You should be looking towards your opposite pocket of the affected side.

Want to help yourself long term... hold this stretch a little longer or more often on your computer mouse side...trust me it works and makes your neck adjustments that much better !

Repeat 3 Times
Hold 30 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day



DOORWAY STRETCH - SINGLE ARM - HIGH

While standing in a doorway, place your arm upward on the door frame and lean in until a stretch is felt along the front of your chest and/or shoulder. Your arm should be pointed upward towards the ceiling along the door frame.

NOTE: Your legs should control how much you stretch by bending or straightening your knee through the doorway.

Repeat 3 Times
Hold 20 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day



DOORWAY STRETCH - HIGH

While standing in a doorway, place your arms up on the door frame and lean in until a stretch is felt along the front of your chest and/or shoulders. Your upper arms should be placed upward along the door frame.

NOTE: Your legs should control how much you stretch by bending or straightening your knee through the doorway.

Repeat 3 Times
Hold 20 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



Blackburns #4 - Mid Trap/Rhomboids

Lie down on stomach, rest your forehead on a rolled up towel. Raise your arms out to the side so there is a 90 deg angle between your arm and torso. With elbow straight and palms facing the floor, squeeze your shoulder blades together and lift arms up towards the ceiling. Hold.

Pretend you are squishing a pop can between your shoulder blades..

Repeat 3 Times
Hold 6 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day



Prone

Begin laying flat on your stomach with arms extended overhead. Alternately raise your arms and legs off the ground in a "swimming" manner keeping your chest and thighs off the ground in slight extension.

repeat 10 times on each side per set.

Repeat 3 Times
Hold 5 Seconds
Complete 5 Sets



Prone Superman

Start laying face down on the floor, legs out and arms out straight. Keeping your core tight, lift your arms and legs off the floor, hold for a few seconds, then lower back down.

Start with holding for 3 seconds then slowly increase over time.



Repeat	5 Times
Hold	3 Seconds
Complete	3 Sets
Perform	1 Time(s)