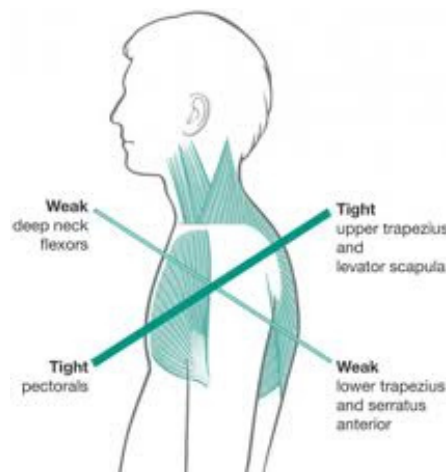


Upper Body Exercises

Neck Pain, Back Pain, Headaches

Due to poor postural habits (like sitting at a desk all day), muscle imbalances can be the cause of pain experienced in the neck, upper back, and even headaches. This is very commonly found in individuals who work at a desk, work on a computer or laptop, work hunched over, or who sit for the majority of their day.



Upper Crossed Syndrome
Dr. V. Janda(1979)

With these habitual patterns, some muscles get tight and overworked while others get weak and stretched out.

The purpose of these exercises is to help correct the muscle imbalances you may have.

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Stretch

Neck Stretches.

Trapezius & Levator scapulae.
Hold each stretch for 30-45 seconds.
Perform on both sides.



Back of the neck.

Deep Neck Flexors.
Really good for headaches
Hold each stretch for 30-45 seconds.



Chest stretch

Pectoralis major & minor
Step through the door, do not rotate.
Hold each side for 30-45 seconds.
Perform on both sides.



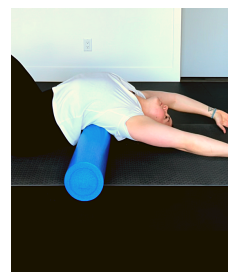
Cat/cow stretch.

Inhale sink stomach.
Exhale arch back.
Repeat 10-20 times.



Thoracic spine extension

Keep hips on the ground.
Repeat 10 times



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Strengthen

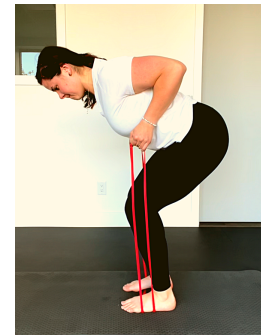
Scapula push ups

Keep elbows locked and back neutral
Squeeze shoulder blades together.
Repeat 15 times. 3 sets



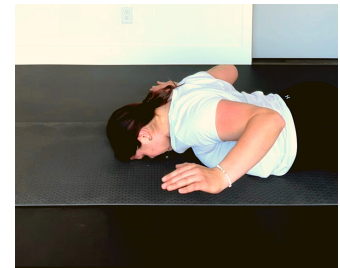
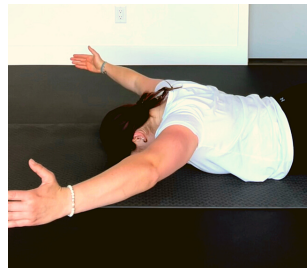
Banded Rows

Initiate movement by squeezing
shoulder blades together.
Pull the band towards your chest.
Repeat 15 times. 3 sets



"Y's, to W's"

Face down, thumbs pointed up, aim to
keep arms about 1 inch off the ground as
you form a "W" and back to "Y"
Repeat 15 times. 3 sets



Serratus Wall Slides

Keeping your shoulders away from your ears
and push out in to the band, move your hands
up along the wall and back down.
Repeat 15 times. 3 sets



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