



NECK AND UPPER TORSO CARE PROGRAM

Strengthen and maintain a healthy neck and upper torso by performing MHealthy Neck and Upper Torso exercises.

NECK & UPPER TORSO CARE EXERCISES

Shoulder Blade Retraction



Pinch shoulder blades in toward spine and down toward buttock.

Hold for 5-10 seconds, then relax.

Standing Upper Back "angry cat"



Place hands on stable chair or table with feet hip-width apart. Tuck chin to chest and round upper back towards the ceiling.

Hold for 5-10 seconds, then relax.

Repeat 1-3 times. Do 1-2 sessions per day.

Chest Expansion



Start with feet hip-width apart and even weight on both feet. With palms facing forward or, fingers interlaced behind back, extend arms back until a gentle stretch is felt in the chest.

Hold for 5-10 seconds, then relax.

Neck Side Bender



With feet hip-width apart and palms facing forward, draw right shoulder blade down toward buttock. Tilt head to left and slightly forward until a gentle stretch is felt on the right side of neck and upper back. Optional: grab right hand with left hand behind back and gently pull right hand to the left.

Hold for 5-10 seconds.

Repeat on the left side.

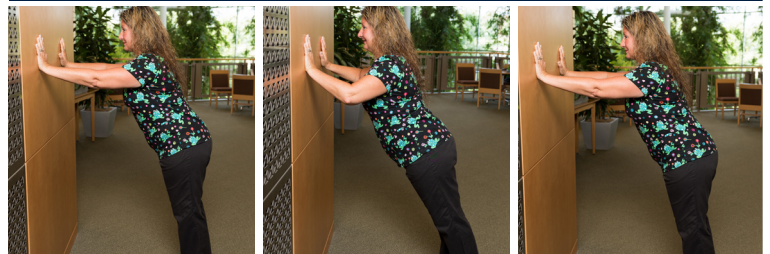
Shoulder Rolls



With feet hip-width apart, roll shoulders forward then up toward ears. Release shoulders back then down toward starting position.

Repeat 8-15 times.

Wall Push-up



Place hands on stable wall with arms straight and feet hip-width apart. Bend elbows out to sides and move chest toward wall. Push back to starting position.

Repeat 8-15 times.