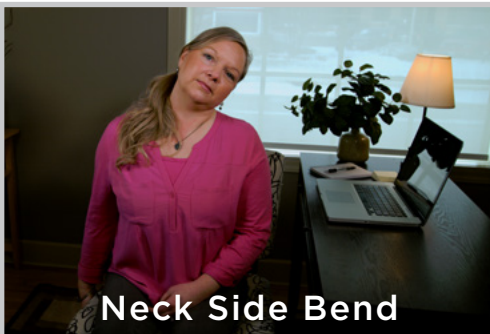


Daily Stretching for Neck Pain and Better Posture

Relieve neck pain from poor posture and routine work with stretches and exercises provided by Marshfield Clinic. Complete one exercise or stretch 2 to 3 times each hour. Focus on good posture by keeping your spine and neck in neutral positions.



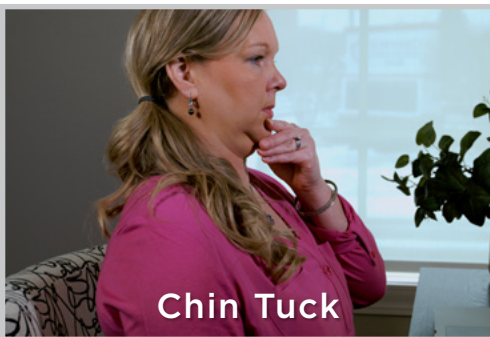
Neck Side Bend:

- Sit or stand for this exercise.
- Hold onto the edge of your desk or chair with one hand.
- Keep your shoulder down while gently tipping your ear toward the opposite shoulder.
- You will feel a stretch on the side of your neck from your ear toward the top of your shoulder.
- **Hold stretch for 20 to 30 seconds. Repeat 2 or 3 times on each side.**



Upper Shoulder & Neck

- Reach your right arm behind your back.
- Place your left hand on top of your head.
- Keep your right shoulder pulled downwards and use your left hand to gently stretch your head as if looking at your left hip.
- The stretch should be gentle. Do not pull too hard.
- **Hold for 20 to 30 seconds. Repeat 2 or 3 times on each side.**



Chin Tuck

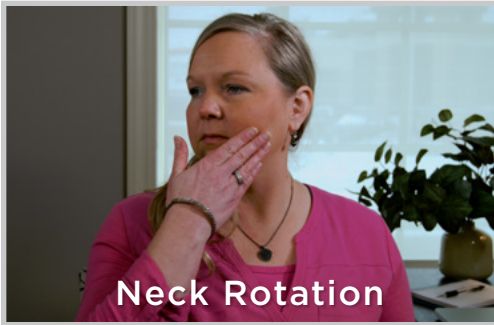
- Using your hand to guide, tuck in your chin.
- Push your head straight back, hold for a few seconds and return to start position. This exercise will look similar to a turtle pulling its head into its shell.
- You may feel a gentle stretch at the base of your head in the back when done correctly.
- **Repeat 1 to 10 repetitions.**



Upper Back Extension

- Position your hands across your chest.
- Gently arch backwards without tipping your head back too far. Stop if you feel any dizziness during the exercise.
- If desired, place a towel roll at mid back.
- **Hold for 10 seconds. Repeat 2 to 3 times.**

Daily Stretching for Neck Pain and Better Posture



Neck Rotation

- Place your hand on your cheek.
- Gently rotate your head to the right.
- Use your hand to provide extra stretch.
- Hold for 10 seconds. Repeat on each side 5 to 10 times.



Chest & Shoulder

- Turn sideways to your desk.
- Place palm of your hand on desk edge.
- Rotate yourself away from the desk until you feel gentle stretching in your chest and front shoulder.
- Hold 20 to 30 seconds. Repeat 2 to 3 times on each side.



Reverse Shoulder Circles

- Start with your arms at your sides.
- Gently roll your shoulder blades backward in circles.
- Repeat 10 times, maintaining good posture while you move.



Shoulder Squeezes

- Gently pull your shoulder blades together and slightly downward.
- You should feel the muscles between your shoulder blades contracting. When done correctly, you may feel a slight pull across your chest.
- Remember to maintain good posture – don't let your back arch as you pull back.
- Repeat 10 to 20 times.

Visit shine365.marshfieldclinic.org to learn more or youtube.com/marshfieldclinic to view more exercise videos.

Weekly Stretching Log

Use this activity log to track which exercise you did each hour. You can mix up the order or keep it the same, your choice. Note how you feel and any improvements you experience. Visit shine365.marshfieldclinic.org/bone-joint/neck-pain-stretching-video/ to learn more.

Monday:	hour	1	2	3	4	5	6	7	8
Neck Side Bend									
Upper Shoulder and Neck									
Chin Tuck									
Upper Back Extension									
Neck Rotation									
Chest and Shoulder									
Reverse Shoulder Circles									
Shoulder Squeezes									

Thursday:	hour	1	2	3	4	5	6	7	8
Neck Side Bend									
Upper Shoulder and Neck									
Chin Tuck									
Upper Back Extension									
Neck Rotation									
Chest and Shoulder									
Reverse Shoulder Circles									
Shoulder Squeezes									

Tuesday:	hour	1	2	3	4	5	6	7	8
Neck Side Bend									
Upper Shoulder and Neck									
Chin Tuck									
Upper Back Extension									
Neck Rotation									
Chest and Shoulder									
Reverse Shoulder Circles									
Shoulder Squeezes									

Friday:	hour	1	2	3	4	5	6	7	8
Neck Side Bend									
Upper Shoulder and Neck									
Chin Tuck									
Upper Back Extension									
Neck Rotation									
Chest and Shoulder									
Reverse Shoulder Circles									
Shoulder Squeezes									

Wednesday:	hour	1	2	3	4	5	6	7	8
Neck Side Bend									
Upper Shoulder and Neck									
Chin Tuck									
Upper Back Extension									
Neck Rotation									
Chest and Shoulder									
Reverse Shoulder Circles									
Shoulder Squeezes									

Notes _____

