

Health professionals now know that exercise, even if you are currently having pain, is good for your back. Shown below are some easy stretching back exercises to help you get out of pain and help keep you that way.

You should talk to your doctor before starting any exercise program. If any exercise significantly increases pain, Stop!!

Proper Technique is key. If you lose form with the exercises. Stop. Rest and then try again.

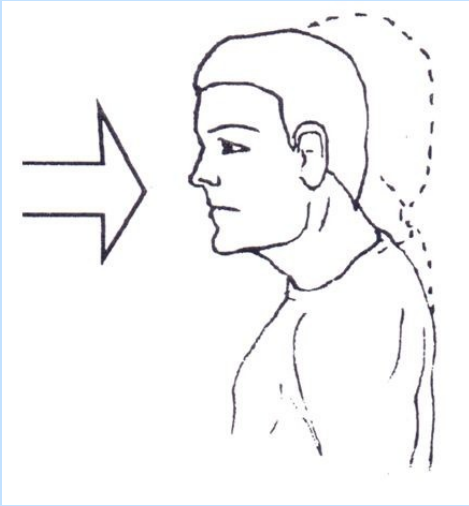


Natural Pain Relief and Wellness

Neck & Upper Back

Strengthening

Posterior Neck Translation



Bring head straight back without tipping chin up. Hold for 8-10 sec. Perform 2-3x daily. Proper form is a must

Back Extension w// Shoulder blade squeeze, shoulder depression and posterior head translation

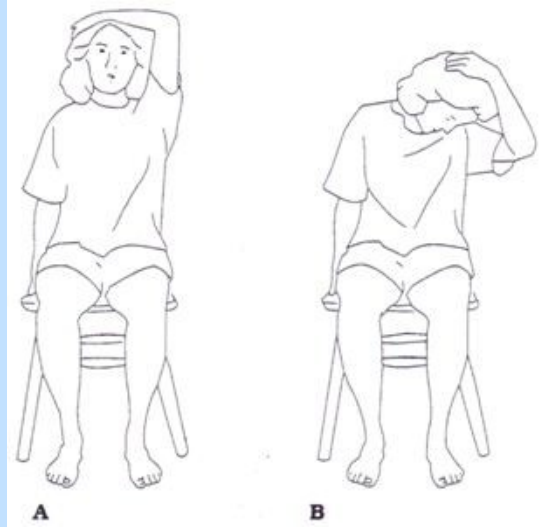


Bring your head straight back without moving your chin higher or lower. Bring your elbows towards each other behind your back and towards your low back. Hold for 8-10 sec. Perform 2-3x daily. Proper form is a must

Neck & Upper Back

Stretching

Upper Trap Stretch



With your one arm anchored holding the seat of your chair, tilt your head away and forward until you feel the stretch in your upper trapezius. Apply slight pressure with your free hand on your stretched muscle. Hold for 30 seconds; repeat 3 times.

Pectoral Stretch



Go to a Door Frame or corner of a wall. Place forearms on walls or door frame and lean forward, letting your body weight do the stretch.