

Text Neck stretches

PRONE NECK EXTENSION: Lie face down on the floor, arms by your side. Lock the shoulder blades back and down. Extend your head up to look at the ceiling (diagonally forward, not straight up), and then lift your shoulders, then your chest. Hold this position for 10 seconds then very deliberately lower the chest, then the shoulders, then the head. Repeat this motion for a set of 10.



PRONE ARM ABDUCTION: Lie face down with your head and upper chest just off an exercise ball. Lock the shoulder blades back and down. Arms should be down to towards the floor with the thumbs facing out, the hands supinated. Spread the arms out to either side so your body resembles a "T." Return the arms down toward the floor while still maintaining the shoulder blades back and down. Make the movement of the arms slow and deliberate. Perform a set of 12 repetitions.



PRONE ARM 90/90: Lie face down with your head and upper chest just off of an exercise ball. Lock the shoulder blades back and down. Arms should be down to towards the floor with the thumbs facing in, the hands pronated. Bend the elbows to a 90 degree angle and then rotate the arms backward. Next, rotate the arms forward to the starting positions then bring the arms back down toward the floor, while still maintaining the shoulder blades back and down. Make the movement of the arms slow and deliberate. Perform a set of 12 repetitions.



SNOW ANGELS: Stand with your back, heels, and back of head against the wall. Bring the arms as far back to the wall as possible, so both arms are at a 90 degree angle. Lock the shoulder blades back and down. Slide your arms over your head, while never allowing the arms to lift off of the wall. Once they're overhead, bring the arms down so the elbow are flush against your side, never allowing the arms to come off of the wall and keeping the shoulder blades locked back and down. The movement is slow and deliberate. Perform a set of 12 repetitions.



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