

# GET RID OF TECH-NECK



## SEATED NECK STRETCH

Sit and stretch neck backwards as far as possible and comfortable.

Keep back straight and against chair.

1. Hold for 5 - 10 seconds
2. Do 3 - 5 times

## STRENGTHEN NECK WITH BAND

Push forward with bands as you push your neck back and down.

1. Hold for 3 - 5 seconds
2. Do 5 - 10 repetitions



## NECK BAND STRETCH

Pull band down and forward for a deep neck stretch.

Rotate to right and left as if you are holding a steering wheel and turning.

1. Hold for 3 - 5 seconds in each position

## NECK & CHEST STRETCH

Arms bent and hands up.

Squeeze shoulder blades as tight as possible.

Push head back and down.

1. Hold for 3 - 5 seconds for 5 repetitions





## LOW BACK STRETCH

Sit and stretch hands to floor.  
Roll back to stretch back muscles and release low back tension.

1. Hold for 5 - 10 seconds
2. Do 3 - 5 times

## SEATED JACKS

Arms bent and hands up.  
Squeeze shoulder blades as tight as possible.  
Lift arms up overhead and back down.

1. Do 5 - 15 repetitions



## SQUAT

Squat as deep as you are able.  
Feet flat.  
Hold on to a chair for support if needed.

1. Hold for 10 - 30 seconds = Great deep stretch
2. Do 5 - 10 repetitions

## TECH NECK STRETCH

Lay on belly and push neck up and back with hands.

Lay on belly and do some computer or school work.



## SPINAL BLOCK EXERCISE

Lay over a block or firm pillow - placed directly under shoulder blades to allow head to hang freely.  
Bend knees & Rotate knees side to side.

1. Start at 1 - 2 min. Work up to 15 - 20 min. per day
2. Once or twice a day is recommended