

Posture Correction

Technique

- Find cues or reminders to help yourself to do this posture correction often throughout the day such as: answering the phone, traffic lights, TV ads, new customers.
- This correct posture takes the load off your neck and stimulates the muscles to work. It reduces the tension in the neck and shoulder muscles.

Steps

1. Begin straightening movement from the low back and pelvic region by gently raising your spine up and out of the slumped position.
2. Draw your shoulder blades back and down across your ribcage towards the center of your spine.
3. Gently lift the back of your skull off the top of your neck as if someone were pulling your hair straight up.
4. Hold at least 10 seconds and repeat 2 times per hour.



Start position



Finish position

Deep Neck Flexor Strengthening

Technique

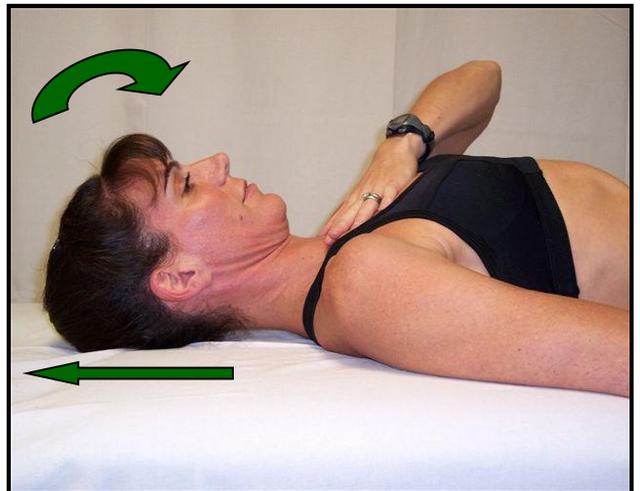
- This exercise will retrain the deep muscles of your neck for pain relief.
- Do exercises in a slow and controlled manner

Steps

1. Lie on your back with knees bent **WITHOUT** a pillow under your head and neck unless directed by your therapist.
2. With your eyes, pick a spot on the wall just above your knees. Follow with a slow, gentle nod of the head as if you were indicating “yes” and feel the back of your head sliding along the bed.
3. Do **NOT** lift your head off of the floor at any time.
4. Place your fingers gently on the front of your neck to ensure the surface muscles stay soft.
5. Hold the position for 10 seconds and then relax. Repeat the exercise 10 times twice daily.



Start position



Finish position