

# Exercises for your neck and shoulders.

Work wellness tips from NYL GBS Healthy Working Life.

We hold a lot of tension in our neck and shoulders from staring down at screens all day. It's time to loosen them up!



## 1 W stretch

**Step 1:** Raise your arms outward to 90 degrees and bend your forearms upward to 90 degrees with your palms facing forward.

**Step 2:** Breathe in and raise your palms higher than your head.

**Step 3:** Breathe out and lower your palms below your head.



## 2 Dorsal glide

**Step 1:** Send your neck backwards without tucking in your chin.

**Step 2:** Hold for five seconds.

**Challenge:** Put your back against a wall and send your neck backward against it.



## 3 Lateral stretch

**Step 1:** Tilt your head to the side and hold 15-20 seconds. Repeat on the other side.

**Step 2:** Tilt your head to the side and look down towards your shoulder. Repeat on the other side.

**Step 3:** Tilt your head to the side and look upward in the opposite direction. Repeat on the other side.

**\*Tip:** Try not to circle the neck.

**Challenge:** Hold a light weight in each arm or keep your fingers touching a chair back.



## 4 Posterior stretch

**Step 1:** Place your arm across your chest.

**Step 2:** Use your other arm to pull that arm towards your chest.

**Step 3:** Repeat with your other arm.

**\*Tip:** Remember to keep your shoulders low.



## 5 Wall climb



**Step 1:** Stand with one side toward a wall.

**Step 2:** Place your fingers on the wall 30 degrees out in front of you.

**Step 3:** Crawl your fingers up the wall, keeping a straight arm and low shoulders.

**Step 4:** Hold at the top 20 seconds and crawl back down.

**Step 5:** Repeat six to eight times on each arm.

**Variation:** Face the wall and crawl your arm out in front of you.

## 6 Scapular reach



**Step 1:** Lie down on your back with your legs out straight.

**Step 2:** Hold your arms straight over your chest with your palms facing one another.

**Step 3:** Reach your fingers toward the ceiling.

**Step 4:** Reverse and push your shoulders into the floor.



## 7 Supine chest stretch



**Step 1:** Lie down on your back.

**Step 2:** Place your arms out to the side at 90 degrees.

**Step 3:** Bend your knees to one side, with one placed on top of the other.

**Step 4:** Straighten your top leg and hold.

**Step 5:** Repeat on your other side.

**\*Tip:** Try to keep both shoulders flat on the floor.



## 8 Scation raises



**Step 1:** Stand with both arms at your side.

**Step 2:** Raise both arms forward and outward at a 30 degree angle.

**Challenge:** Try holding light weights or soup cans.

## 9 Wall press



**Step 1:** Stand facing a wall.

**Step 2:** Place both fists against it and push without moving your body.

**Variation:** Turn around and push your elbows against the wall, instead.

## 10 Supine straight leg lifts



**Step 1:** Stand facing a wall.

**Step 2:** Place your forearms on the wall with your fists at eye level and lean in.

**Step 3:** Twist your body so that your torso is perpendicular to the wall, keeping your elbow bent. Then, rotate back in.

**Step 4:** Repeat on your other side.



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