

# 'Text' Neck

## THESE EXERCISES

Having a poor posture or a good posture, is something that becomes a habit. In the same way your exercise routine has to become a habit. You won't see changes overnight, but with consistency over time you will see changes in your posture and feel your body moving better with less pain and stiffness.

You may not experience a total transformation to the 'ideal' posture, but by being aware of your posture and making changes through regular exercise, and changing your lifestyle and work routines, you will be doing yourself a huge favour in the long-term

health of your joints and spine.

When stretching or strengthening a muscle make sure it is not painful, push yourself but work within comfortable limits. These exercises are a basic routine for specific poor postures; however, every person is unique (and may not fit exact molds). So, if any exercise is painful or too hard, speak to your physical therapist and make changes specific to your needs. Always focus on form – how you do the exercise correctly and with good control – rather than rushing or pushing too hard and losing your alignment.

## Neck Flexion Overstretch

Bend your neck forwards, and place a hand on your back of your head and gently pull your neck so that your chin tucks downwards. This will stretch your neck muscles. Hold the stretch for the required time, and relax.



SETS REPS



Video:

<http://youtu.be/VwSRo8kdjeg>

## Levator Scapulae Stretch

Bend your neck forwards, and then side-bend your neck by taking your left ear towards your left shoulder. Hold on to a chair to make the stretch stronger. This will allow you to feel a stretch at the back and side of your neck. You can make the stretch stronger by assisting with your hand. Repeat each side.



SETS REPS



Video:

<http://youtu.be/imLiENOKf14>

## Sitting Extension

Support your neck by placing your hands interlocked behind your neck. Rounds your lower back slightly, to focus the movement to the upper back, and slowly bend backwards.



SETS REPS



Video:

<http://youtu.be/Si0OKWUogJk>

## Neck Flexor Strengthening

Lie on your back, and lift your head off the floor/bed while tucking your chin in slightly. You should feel the muscles at the front and side of your neck contracting. Use a pillow if that feels more comfortable.



SETS REPS



Video:

<http://youtu.be/-TOBip8Pvjo>

## Neck Flattening

Lying flat, tuck your chin down to your chest reducing the gap between your neck and the floor. You will feel a gentle stretch at the top back of your neck. Hold this position, and then relax. Repeat as required.



SETS REPS



Video:

[http://youtu.be/gk0\\_z3iQ6Qc](http://youtu.be/gk0_z3iQ6Qc)

## Floor Superman Two Arms

Lie on your front, and lift both arms straight in front of you. Hold this position, and then relax. This exercise helps to arch your lower back (to create what is known as a lumbar hyperlordosis) while strengthening the lower back and abdominal muscles.



SETS REPS



Video:

<http://youtu.be/1wTb5jWbDMA>

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