

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.

Isometric neck retraction



Placing both hands behind your head, attempt to pull your head backwards while tucking your chin in slightly, but resist this movement with your hands. Keep your head still. You will feel a gentle contraction of the muscles at the back of the neck.

Standing/sitting retraction - Part 1



Standing/sitting, with good posture, pull your arms backwards while squeezing your shoulder blades together. You will feel a muscular contraction around and between your shoulder blades.

Standing/sitting retraction - Part 2



Standing/sitting, with good posture, pull your arms backwards while squeezing your shoulder blades together, and joining your hands. You will feel a muscular contraction around and between your shoulder blades.

Sub-occipital stretch



Sit down with good posture, tuck your chin down slightly, and hold your fingers under your skull. Try to elongate your neck and pull your skull upwards with your fingers. You should feel a gentle stretch at the top of your neck under your fingers. Stop immediately if you get any dizziness. Hold the stretch, and relax.

Neck flexion with side flexion



Bend your neck to the side by taking your left ear towards your left shoulder. Now tuck your chin towards your chest. Hold the stretch, and relax. You can use your hand to gently assist. This will allow you to feel a stretch at the back and side of your neck.

Bruegger's Posture sitting



Sit on the edge of a chair, and open your legs and allow them to relax outwards. Keep your body and spine tall, lift the crown of your head towards the ceiling, and arch your lower back slightly. Turn your arms outwards so your palms are facing forwards, and draw your shoulder blades down and towards the midline. Make a gentle double chin with your head at the same time. Breathe deeply throughout. You will feel a stretch across your chest and front, as well as muscles working in your back, all helping

Sitting extension



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

to improve your posture.

Swiss ball sitting extension



Sitting upright on a Swiss ball, support your neck by placing your hands interlocked behind your neck. Round your lower back slightly, to focus the movement to the upper back, and slowly bend backwards.

Foam roller thoracic - Extension vertical



Place a foam roller vertically under your spine and lie flat on your back with your knees bent. To make the exercise harder, you can drop your neck to the floor, or straighten your legs. You can also lay your arms out to the side. Start with a 10cm (4in) diameter roller and progress to a 15cm (6in) roller. This exercise can help improve mobility to the spine and improve posture.

Foam roller thoracic - Extension horizontal



Place a foam roller under your spine and lie flat on your back with your knees bent. You can place the roller anywhere along the upper back, but one of the best places is right underneath the shoulder blades. Slowly roll your spine over the foam roller, and you will feel it pushing up into your back. Start with a 10cm (4in) diameter roller and progress to a 15cm (6in) roller. This exercise can help improve mobility to the spine and improve posture.

Sitting extension with side flexion



Support your neck by placing your hands interlocked behind your neck, and slowly bend backwards and to the side. Repeat to each side. This exercise will help mobility in the spinal joints.

Swiss ball side flexion



Sitting on a ball with your hands interlocked behind your neck, or across your shoulders, and slowly bend to the side. Repeat to each side. This exercise will help stretch your spine.

Swiss ball sitting rotation



Sit upright on a Swiss ball, with your feet flat on the floor. Cross your arms over your shoulders. Twist to one side keeping your head and hips still. Repeat to the opposite side. This exercise is a mobility exercise for the spine.

Standing rotation hips locked



Stand with your feet shoulder width apart and your feet turned inwards. Cross your arms over your shoulders. Twist your spine to one side as far as comfortable. Keep your spine upright. Repeat to the opposite side. This exercise is a mobility exercise for the spine.