

Tech Neck

Preventing Upper Cross Syndrome



FOAM ROLLING



Thoracic Spine

- Begin with Roller around mid back and balance with back flat.
- Place arms across the chest.
- Slowly roll to just above the shoulder blades.
- Roll 5 degrees to the right or left to emphasize one side.

DID YOU KNOW?

THE FOAM ROLLER IS USED AS A HANDS-FREE FORM OF MYOFASCIAL RELEASE. IT IS AN EXCELLENT TOOL FOR STRETCHING TIGHT MUSCLES. THE PRESSURE OF YOUR BODY WEIGHT AGAINST THE DENSE FOAM ROLLER HELPS TO RELEASE THE RESTRICTIONS AND ADHESIONS IN THE SOFT TISSUE AND RELAX THE MUSCLE BEING WORKED ON.



STRETCHING



Seated Neck Stretch

- Start seated in a neutral position with shoulders relaxed
- Place right palm on right thigh and loop left hand under the seat of the chair
- Tilt head to right, allowing right ear to move to right shoulder. Hold for 15 sec.
- Release and repeat on other side



Wall Stretch

- Start by standing next to a wall.
- Place the palm of the arm you desire to stretch flat against the wall.
- The arm should be outstretched and extended behind you.
- To deepen the stretch, rotate your hips and opposite shoulder away from the wall.
- Look over your opposite side shoulder during the stretch.
- You will feel the stretch in your hand, along the forearms, front of the upper arm, and the chest muscles.
- Be sure to keep your shoulder down during the stretch.
- Hold the stretch for 60-90 seconds. Repeat on the opposite side.

Notes:



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STRENGTHENING



Wall Angels

- Stand against wall, feet shoulder width apart
- Gently press low back against wall
- Place back of elbows, forearms, and wrists against wall
- Bring arms up and down slowly in a small arc of motion while keeping elbows in contact with wall
- Repeat 10 times



Chin-Tucks

- Start seated in a neutral position with shoulders relaxed.
- Continue to look forward.
- Slowly press head directly back, as if pressing against a wall.
- Do NOT let chin move up or down while sliding head back.
- Hold for 2 seconds, each repetition.
- Complete 10 repetitions.

Notes: