

# TECH NECK

## Preventing Upper Cross Syndrome

### MOBILITY & STRETCHING

#### WALL ANGELS

- Stand against wall with your 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.



#### PROTRACTION/RETRACTION

- 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.



#### THORACIC (Upper Back)

- Begin with roller around the mid back and balance with the 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.



## 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 seconds.
- Slowly tilt head as you lower your chin towards your shoulder. Hold for 15 seconds.
- Release and repeat on other side.



## WALL STRETCH

- Begin by standing next to a wall with open space.
- The side closest to the wall is the side to be stretched. Place the hand on the wall, making sure to keep the wrist and elbow in line horizontally with the shoulder.
- Focus on keeping your shoulder blade down and back throughout the entire movement.
- Gently lean into the wall, attempting to press forearm and bicep into the wall. This will deepen the stretch.
- To further deepen the stretch throughout the chest muscles, begin to rotate your opposite shoulder back.
- Always work within a pain free range of motion.
- Hold for 30-60 seconds, each side.

