

1



Wall Wash (Sagittal Plane)

Stand six inches from a wall with feet shoulder width apart and toes pointed straight ahead. Place your hands on the wall and reach up with your right arm to a point directly over your head as you shift your weight to your right leg. You should feel a stretch on your right side. Return to the starting position and slide your left hand up the wall to a spot over your head as you shift your weight to your left leg. Alternate right and left for 2 x 12 repetitions.

2



STEMS

Sit to the front of your chair with your back straight and chest up tall. Lightly cross your arms in front by grabbing the opposite elbow (like a genie). Do the following 6x each:
Lift your arms over your head and then lower them down.
Lift your arms over your head and bend from side to side.
Lift your arms over your head and turn right and left.

3



Tubing 90/90 Pull

Stand with feet hip width apart and toes pointed straight ahead while holding tubing tied in front of you at shoulder level. Pull back your right arm so that your shoulder forms a 90° angle and your elbow is bent 90°. Allow your trunk and shoulders to turn as you pull your hand past your ear. Shift your weight to the right leg. Return to the starting position and repeat with the left arm. Alternate right and left arm pulls for 3 x 12 repetitions.

4



Sidelying Angel

Lie on your right side and bend your hips and knees up to 90°. Hold your knees together using your right hand and let your left shoulder blade drop towards the floor with your arm outstretched. Slowly move your left arm in an arc up towards your head and then down by your side.

5



Foam Roll Shoulder Flexion

Lie supine on the foam roll with you head resting at the top; knees bent with feet on the floor. Holding a 3 lb weight in each hand, flex one arm and reach behind your head to touch the weight to the ground. Keep your elbow locked straight and arm near your ear. Return that arm to your side and flex the other arm in the same pattern. Perform alternating movement 3 x 12 repetitions.

6



Triangle

Stand with your feet 3-4' apart, toes straight ahead, arms out to a "T". Inhale and turn your right foot to the right. Exhale and bring your right hand towards the right big toe while the left hand points up toward the ceiling. Inhale and look up towards your thumb. Take 5 deep breaths in this position. Following your last exhale, inhale and return to the upright position. Repeat to the left side.

What is Cervical Pain?

Cervical pain is pain in the upper back and neck. You have seven cervical vertebrae in your neck and there are many muscles and ligaments that connect in this area.

The Why Behind the What

Exercise #1 - Wall Wash

This exercise works on activating the lower trapezius muscles in order to place the shoulder blade in its proper position and stretches the muscles in the lower back. All of this helps to improve posture to take pressure off of the muscles that connect in the cervical region, and decrease strain in the area.

Exercise #2 - STEMs

STEMs stands for Sitting Thoracic Extension Movements and is an efficient way to mobilize your midback in all three planes of motion. This helps to ensure that pressures in your neck, shoulder and lower back are minimized.

Exercise #3 - Tubing 90/90

This exercise activates the lower trapezius muscles in the back, as well as increasing rotation in the upper spine. This will help to reset the position of the shoulder blade so that posture is better and the muscles of the shoulder and arm can start in the right position. Many of those muscles attach near the cervical spine and neck, and resetting their position can help to decrease strains in the area.

The Common Causes of Cervical Pain

Cervical pain can be caused for a variety of reasons. The most common is a lack of rotation in the thoracic spine, which is at the level of your rib cage. Also, an elevated shoulder can cause strain to the neck region by constantly pulling on the muscle attachments in the area. Many people get neck pain from poor posture. It can also happen if you are tensing to avoid other painful positions.

Exercise #4 - Sidelying Angel

This exercise helps to restore thoracic rotation as well as flexibility in the pectoral (chest) muscles. Done correctly, this activity will help alleviate neck pain by making sure the thoracic spine below it dissipates a lot of the force.

Exercise #5 - Foam Roll Shoulder Flexion

Proper posture is one of the keys to avoiding injury to the body. One of the culprits to slouching is a tight latissimus dorsi. This exercise stretches the latissimus dorsi and makes it easier to stand up straight.

Exercise #6 - Triangle

The triangle pose improves flexibility of the innermost hamstring on the front leg, while stretching the muscles in the lower back. It also encourages rotation and extension in the upper spine, which many people lose due to poor posture. Poor posture is one of the causes of pain in the cervical spine.