PATIENT HOME-CARE GUIDE

# Neck & Upper Back Stretches

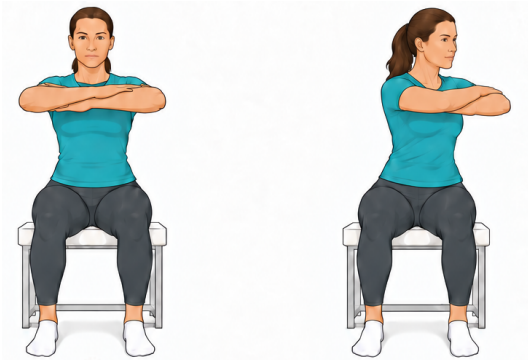
**HOW TO USE** Complete twice daily - 30 minutes after waking up and last thing before bed. Sit on a stable chair or bench with both feet supported. Move slowly and breathe normally.

**BENEFITS** Improves spinal flexibility, increases nutrient supply to spine, and improves spinal stabilization. This can help the neck and upper back recover quicker.

## 1 SEATED TORSO ROTATION

**Hold 5 seconds | 10 each side**

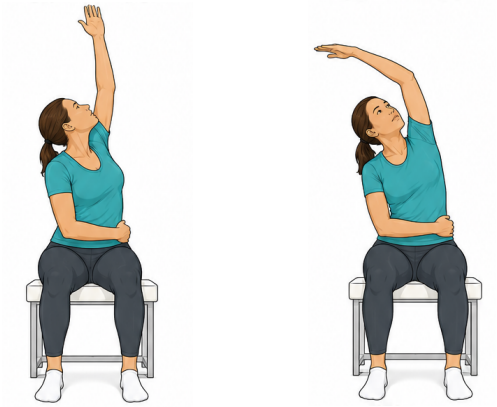
- Sit tall with feet flat and hips facing forward. Stack your forearms at chest height.
- Turn your upper body and head together to one side. Let your chin follow your shoulder.
- Return to center, then rotate to the other side without forcing the motion



## 2 SEATED SIDE BEND

**Hold 5 seconds | 5 each side**

- Sit tall with feet flat. Rest one hand across your waist and reach the opposite arm upward.
- Bend gently toward the resting hand, allowing the raised arm to arc overheard.
- Keep both hips on the seat. Return upright, then change sides.



## 3 UPPER BACK FLEXION & EXTENSION

**Hold 5 seconds each | 5 cycles**

- Tuck your chin gently, round your upper back, and reach both hands toward your feet.
- Return through neutral. Lift your chest and draw your elbows and shoulder blades back.
- Look slightly upward only as comfortable; avoid dropping the head far backward.



**COMFORT CHECK**

Do not force a stretch. Stop if symptoms sharply increase or cause dizziness, headache, numbness, tingling, or weakness.

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