



1

Stability ball cervical stretch

Begin by sitting on a stability ball or in a chair. Keeping your spine upright and shoulders down, place your hand behind your head and tilt your chin forward until a stretch is felt throughout the back of your neck.



2^A

Chin tuck

Stand or sit upright. Keeping your spine straight and still, push (exaggerate) your head forward, jutting your chin out as far as possible.



2^B

Slowly reverse the movement, pulling your head back as far as possible. Your head should stay level throughout the movement. You should feel a stretch at the base of your neck.

Hold each stretch for 30 seconds. Repeat 3 times each cycle, and 2 times per day. Stretch #1 can also be done using a balance disc in place of an exercise ball.

1 These stretches can be performed while sitting. This allows you to hook your arm under the side of a chair to help anchor the shoulder.

1

Neck and shoulder stretch

Looking straight ahead, lower your left ear toward your left shoulder while keeping your right shoulder depressed and your right arm reaching down. Use your left hand to assist in lowering your head for a deeper stretch along the side of your neck. **Repeat on the other side.**



1 variation

Upper back stretch

Start kneeling and place your hands under your lower legs. Drop your head and slowly start to round your back, allowing your arms to straighten. You should feel a stretch through your upper back.

Hold each stretch for 30 seconds. Repeat 3 times each cycle, and 2 times per day.



1

AXIS™ Foam Roller anterior chest/pectoral stretch

Lie with your spine inline with the *AXIS* Foam Roller. Be sure to keep your head and hips supported on the *AXIS* Foam Roller. Keeping your shoulders depressed toward your feet, stretch your arms out to the side with your palms facing up. Relax into the *AXIS* Foam Roller, allowing the front of your chest to stretch.

⚠ Be careful not to arch your back.



1 variation

AXIS™ Foam Roller anterior chest/pectoral stretch

Lie with your spine inline with the *AXIS* Foam Roller. Be sure to keep your head and hips supported on the *AXIS* Foam Roller. Keeping your shoulders depressed toward your feet, stretch your arms out to the side with your palms facing up. Bend your elbows about 90 degrees and try to touch the floor with the backs of your hands. Relax into the *AXIS* Foam Roller, allowing the front of your chest to stretch.

Hold each stretch for 30 seconds. Repeat 3 times each cycle, and 2 times per day. You can hold each stretch for as long as you'd like comfortably.



1

Spinal rotation stretch

Bend your right leg and cross it over your left thigh. Place your left arm across your right thigh. Roll your hips forward to keep your spine upright and rotate your spine gradually to the right while using your back muscles and left arm for leverage. Turn your head to the right as you rotate. **Repeat on the other side.**



2A

Spinal stretch

Start in a quadrupedal position with your hands placed directly under your shoulders. Drop your head, tuck your chin to your chest, and shift your tailbone under while rounding your back.



2B

Next, roll your hips forward, arch your back, draw your shoulder blades together, and look up. Repeat several times to mobilize your lower back from flexion to extension of the spine.

Hold each stretch for 30 seconds. Repeat 3 times each cycle, and 2 times per day.



1^A

AXIS™ Foam Roller gluteal massage

Start side-lying on the AXIS Foam Roller. Extend your right leg so that it's inline with your torso and rotate back to position your right gluteal on the roller. Bend and place your left leg behind your right, with both hands on the floor for support.

- 1 Keep hips stacked.



1^B

Proceed to roll the right gluteal region along the AXIS Foam Roller. **Repeat on the other side.**



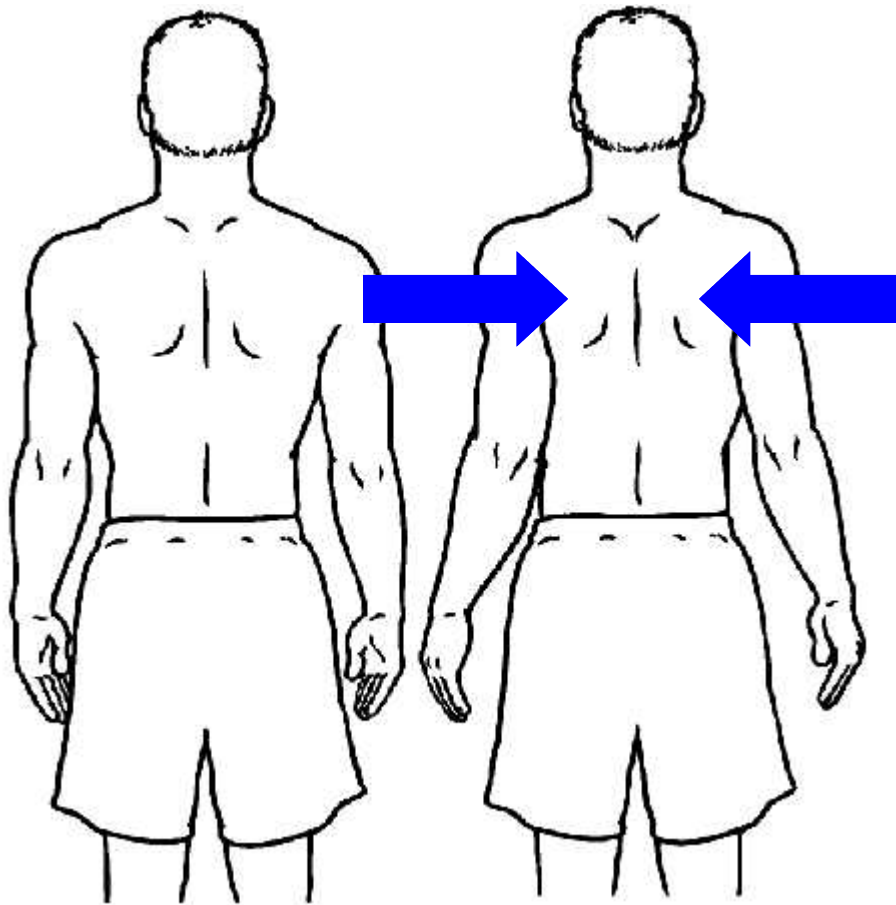
1 variation

AXIS™ Foam Roller gluteal massage

To intensify the massage, bend and cross your right leg over your left thigh, shifting your weight into the right gluteal region. Using your left leg for leverage, roll the right gluteal region along the AXIS Foam Roller. Adjust your rotation to find tight areas. For an added stretch, draw your left knee toward your right shoulder. **Repeat on the other side.**

Repeat each exercise at least 10 times. Ideally, you want to find the tight spots or “knots” and roll on each place until the knots release, and then move to the next sore spot.

Scapular Retractions Arms at Side

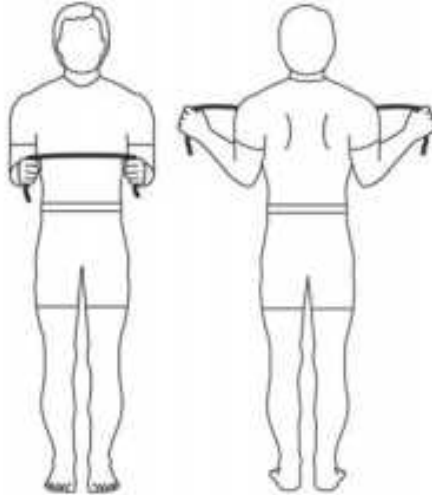


Reps: 20 Hold: 3 Times per Day: 3

Description:

Begins by standing with your back straight against a door jam, or against a foam roller with your arms at your sides. Slowly pinch your shoulder blades together. Return to starting position. Repeat as directed.

Upper Back Strengthening



Sets: 2 Reps: 15 Times per Day: 2

Description:

Begin by standing with elbows bent, and holding elastic band in each hand. Squeeze shoulder blades together by moving hands outward slightly to form a “W” with your arms. Slowly return to the starting position. Repeat.



1

AXIS™ Foam Roller upper back massage

Lie with the AXIS Foam Roller under your upper back. Place your hands behind your head with your elbows drawn in slightly toward midline (this allows your shoulder blades to separate).



2

Draw your belly button in and lift your hips up off the floor using your legs for leverage. Roll up and down on the AXIS Foam Roller from your shoulders down to the bottom of your rib cage.

Wobble Chair Exercises



Using a balance disc, sit straight with your feet on the floor. Just like in the office, extend or “stick out” your belly button, then “tuck your tail”. Repeat this forward and backward motion for 2-3 minutes to loosen up muscles in the lower back, and to pump fluid in and out of the disc spaces. Remember to have all of the motion come from your lower back and pelvis– this is not a rocking chair!



Again, using a balance disc, drop your hips from side to side in a rhythmic motion. Repeat this side to side motion for 2-3 minutes to stretch and loosen up muscles, as well as pump fluid in and out of the disc spaces.

At-Home Cervical Traction Exercise:

Use a Cervical Roll– The neck is supposed to have a natural C-shaped curve, but it can be flattened or even reversed. A simple way to help get the curve back is the use of a cervical roll. Take a small hand towel and roll it up length-wise. Once it is rolled you can put a rubber band around it to keep it rolled tight. Now laying on your back on a flat surface, place the roll at the base of your neck so your neck naturally curves around it. Do not put it under your head. If your head is propped up you need to move the roll lower down your spine. Relax and rest on the cervical roll for up to 10 minutes. Start at 2 minutes, and add 1 minute each time, until you reach 10 minutes. This can be done daily for maximum results. * If you feel that you need more support (the roll doesn't feel like it's doing anything) you can fold the towel in half long ways and THEN roll it to make a thicker neck roll and add more support.

