



## **Stretches To Help With Text Neck**

### **Titanic Stretch:**

Lying on the floor on your belly, extend your arms out to the side, (your body should form a “t” shape). Lift your upper body and your arms away from the ground, pointing your thumbs downward. Hold the stretch for 10 seconds. Repeat the stretch up to 3 times.

### **Snow Angel Stretch:**

Stand with your back against the wall with your heels, shoulders, hip bones and head touching. Starting with your hands at your side, slide your arms up along the wall until your hands meet above your head. Keep your arms as straight as possible during this stretch. The stretch is similar to making snow angels in the snow. Repeat 5 times. Note: If you cannot keep your arms on the wall during the stretch, start doing the exercise laying on the floor, allowing gravity to assist you in the stretch.

### **“Stick-Em” Ups:**

Stand against the wall just like the snow angel stretch. Extend your arms straight out from your shoulders, bending your elbows, hands up towards the ceiling and your palms facing forward. Slide your arms straight up towards the ceiling, keeping your arms on the wall. Slide your arms down to the starting position. Repeat 5 times.

Note: If you cannot keep your arms on the wall during the stretch, start doing the exercise laying on the floor, allowing gravity to assist you in the stretch.

**Overhead Shoulder Stretch:**

In a standing position, let your arms hang down and lace your hands in front of you. Keeping your hands together, lift your arms up to the ceiling. (Your palms should be towards the ceiling.) With your head and chin facing the ceiling as well, engage your body into a deep stretch. Repeat 5 times.

**Shoulder Blade Pinches:**

Start in a standing position, arms hanging freely at your side. Move your arms behind your back, lacing your fingers together, palms should be facing upward. Pull your shoulders back, pinching your shoulder blades together. Hold for 10 seconds. Repeat 3 times.

**Pec Stretch:**

Stand in the middle of a doorway to assist you with this exercise. Raise your arms out to the side at shoulder height. Bend your elbows so that your hands are pointing towards the ceiling. Lean into the door frame on both sides, giving your pecs a good stretch.

Hold for 30 seconds.

**Chin Tuck or Funky Chicken:**

You can do this sitting in a chair or standing. Initially, you may want to look at yourself in a mirror to make sure you are moving your head correctly. Keeping your chin parallel to the floor and without tilting your head, draw your head and chin back. (You will have a “double chin” in you are doing it correctly. Repeat 10 times.