

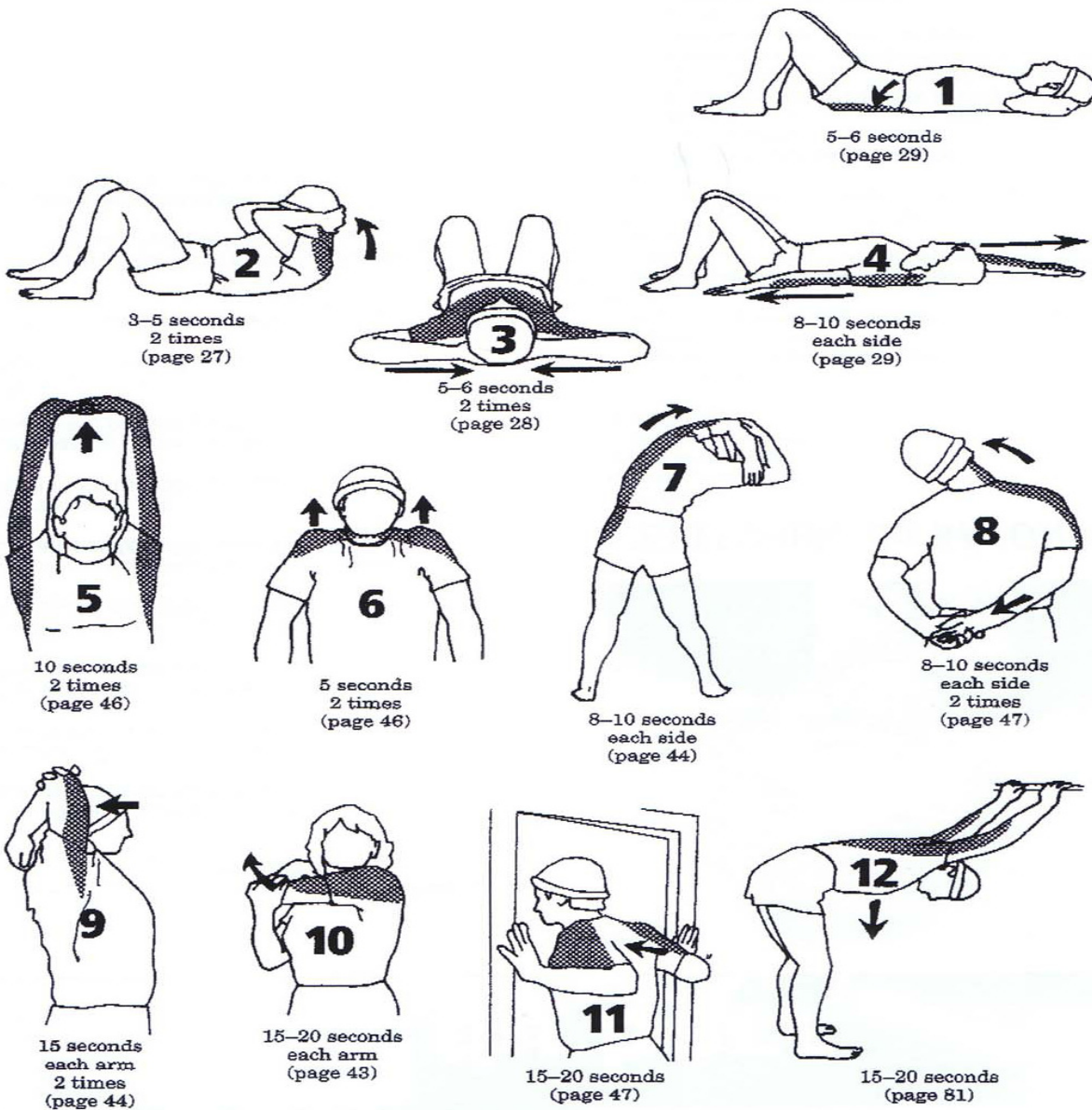
Quick Stretch – Upper Back & Arms

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Doctor of Chiropractic, Certified Chiropractic Sports Practitioner,
 Certified Nutrition & Wellness Consultant, Certified Sports & Conditioning Specialist
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Total Time to Complete: Approximately 5 minutes

Many people carry stress in their neck, shoulders & upper back leading to neck & back stiffness or pain. This can lead to weakness in the postural paraspinal muscles which support your head, neck and low back. Do these stretches every hour or so throughout the day, or whenever you begin to feel stiff. Breathe, relax and gently hold each stretch as you exhale. The stretch should feel good, some mild discomfort may be felt initially, but should subside after a few seconds. Do not over stretch into pain. If you have moderate or severe pain when stretching or sitting at your desk, consult with the medical, physical therapy or chiropractic staff.



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