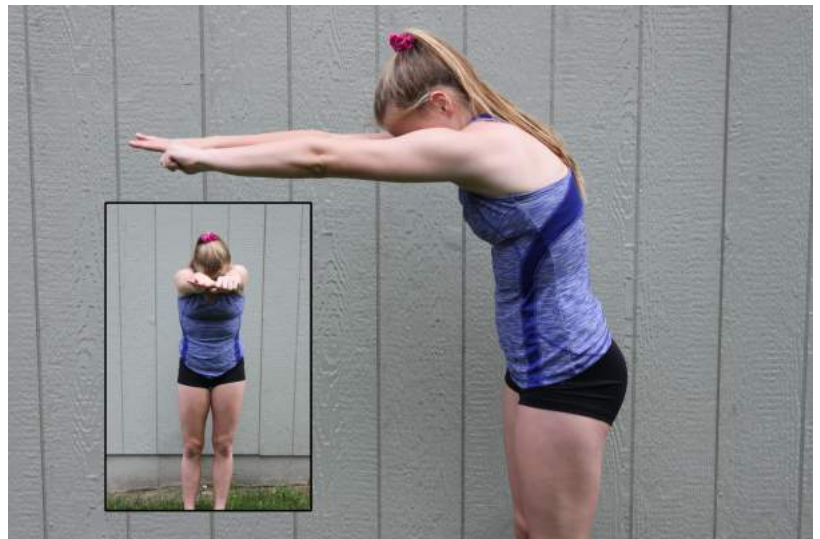


Exercises for Upper Back and Neck

Thoracic Flexion

1. With one hand, grab the thumb of your other hand.
2. Round shoulders and reach forward.
3. You should feel the stretch all across your upper back and shoulders.
Hold for 30 seconds and complete once an hour while you are working.



Thoracic Extension

1. Palms forward, and arms parallel to the ground.
2. Squeeze shoulder blades together and look up.
3. You should feel the stretch all across your upper back and chest
Hold for 30 seconds and complete once an hour while you are working.

