

10-Minute Stretch & Exercise Routine for Upper Back and Neck Rehab

This gentle 10-minute routine is designed to help alleviate and prevent upper back and neck pain. Do each movement slowly and with control, focusing on your posture and breath. Stop if you feel any pain.

1. Neck Tilts (1 min)

Gently tilt your head toward your shoulder, hold for 15 seconds on each side. Repeat twice.

2. Chin Tucks (1 min)

While sitting or standing upright, tuck your chin in towards your neck to feel a stretch at the back. Hold for 5 seconds, repeat 10 times.

3. Shoulder Rolls (1 min)

Roll your shoulders forward 10 times, then backward 10 times. Keep the movements smooth and controlled.

4. Doorway Chest Stretch (1 min)

Stand in a doorway with arms on the frame and gently lean forward to stretch the chest and front shoulders. Hold for 30 seconds, repeat twice.

5. Cat-Cow Stretch (1 min)

On hands and knees, alternate between arching your back (cat) and dipping it (cow) while lifting your head. Repeat slowly for 1 minute.

6. Thoracic Extension Over Chair (1 min)

Sit on a chair with a low back. Lean back over the chair to extend the upper back, support your neck if needed. Hold for 15 seconds, repeat 4 times.

7. Wall Angels (2 min)

Stand with back against a wall, arms bent at 90 degrees. Slowly raise and lower your arms while keeping contact with the wall. Do 2 sets of 10 reps.

8. Levator Scapulae Stretch (1 min)

Sit tall, turn your head 45° to the right and look down. Gently pull your head forward with the right hand. Hold for 30 seconds each side.

9. Deep Breathing & Relaxation (1 min)

Sit or lie down comfortably, breathe in deeply for 4 counts, hold for 4, exhale for 4, pause for 4. Repeat for 1 minute.