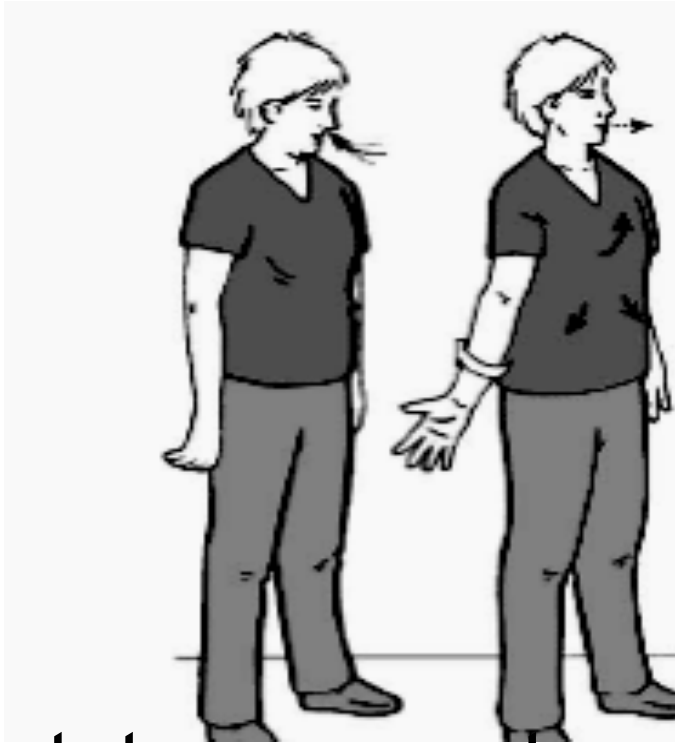




# **10 Best Exercises To Strengthen Your Neck and Back**

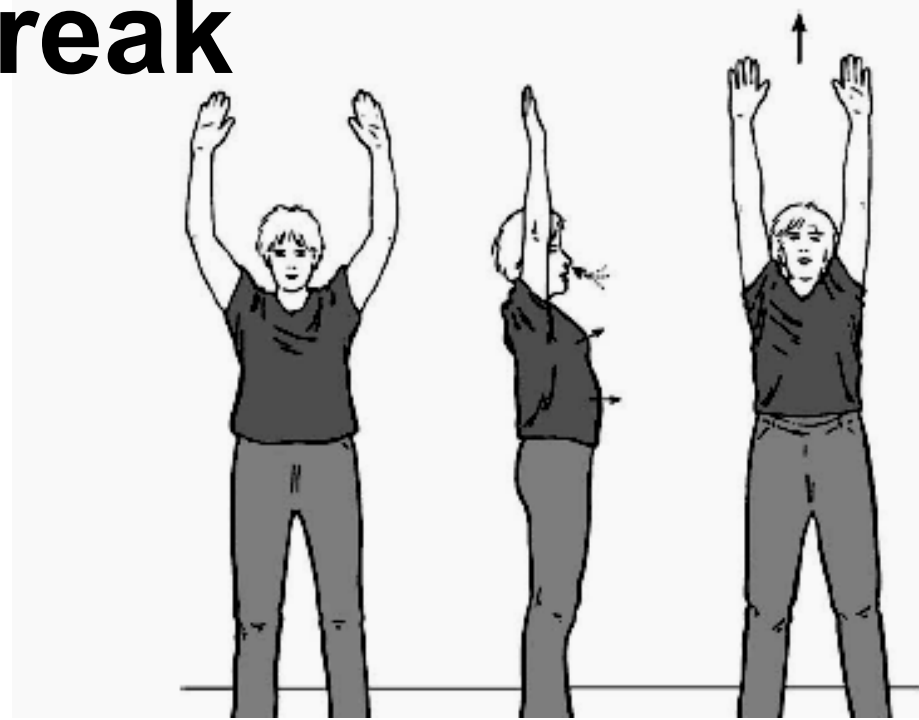
**Daryl C. Rich, D.C., C.S.C.S., A.R.T.  
[Core] Chiropractic and Wellness  
CoreRoanoke.com**

# Take a Break



Rotate arms outward

Relax shoulders



Lift arms up

Keep ribs low

Breathe in nose out mouth

Perform once every 30 minutes when working at computer.

# Good Mornings

- **Start, with your feet shoulder width apart and hands at your side.**
- **Bend your knees to a slight squat while performing a scooping action with both arms. This would be similar to scooping water out of a bucket between your legs.**
- **Straighten to a standing position with palms to the sky.**
- **Now lace fingers together and stretch to the sky.**
- **Lean to each side gently allowing for a slight stretch down the flank and into hips.**
- **Return the starting position and repeat 5 times.**



# *Lunge Stretch*

## For a tight back, stretch the hips



- start with one knee on the ground
- lunge forward
- back straight
- hips even
- Hold six seconds repeat three times each leg.

\*\*\*\*\*Alternative\*\*\*\*\*



- Place hands overhead, press together to engage the core
- Can be performed from a standing position

# ***Cat/Camel***



## **Start on all fours**

- belly down/chin up
- belly up/chin down
- slow and controlled
- **Repeat 15 times**

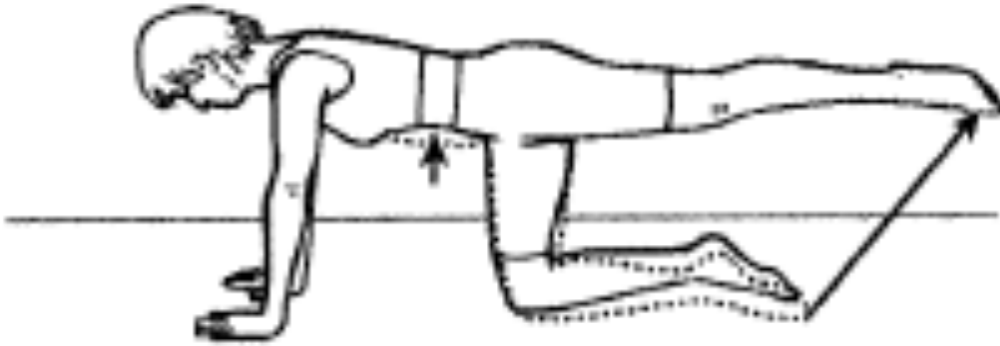
# Foam Roller- Thoracic Spine

Thoracic Spine rolling is great for improving kyphotic thoracic posture. It is also a helpful aid in reducing shoulder and upper thoracic pain and stiffness.

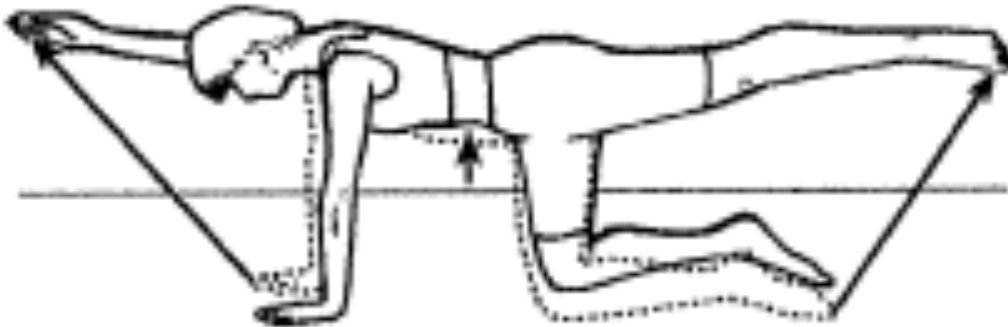
Simply roll back and forth for 30 seconds or more.



# \*Bird-Dog\*



**Fig. 2** Quad single leg raise.



- On all fours
  - Brace stomach
  - Raise the opposite arm and leg
  - Advance further by drawing squares with the extended arm and leg.
  - Progress again by pulsing between corners of the squares
  - Perform the exercise slow and controlled, reps of 15 for three sets
  - \*\*\*\*\* Alternative\*\*\*\*\*
- Bear Position with hands and feet on floor, Raise each 3" off floor



# \*Side Bridge\*

## The Way to a Stronger Core



Figure 2 Side bridge on knees—ready position.

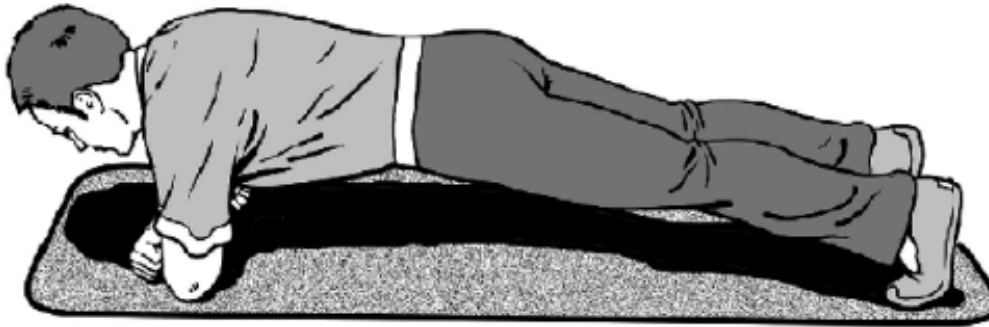


Figure 3 Side bridge on knees—elevated position.

- complete core exercise
- body in a straight line
- up for 7secs.
- 7-10 reps.
- Repeat 2-3X
- once daily



# Advanced Side-bridge



1. Start on side with legs extended. Bridge up off of ankles and elbow. Hold 7 secs.

2. Roll to a forward plank position. Hold for 7 secs.

3. Roll onto opposite arm. Hold for 7 secs.

4. Perform 7 complete rolls. Concentrate on rolling with shoulders and hips moving as one unit.

Figure 5 Advanced side bridge on ankles—



# Pot Stirrers

- Place your hands and elbows on the ball, knees on the floor and roll the ball out.
- In this position, with good posture through the back and shoulders, rotate the ball as if you were slowly stirring a large pot of soup.
- Repeat each direction 15 times. Repeat for 2-3 sets.



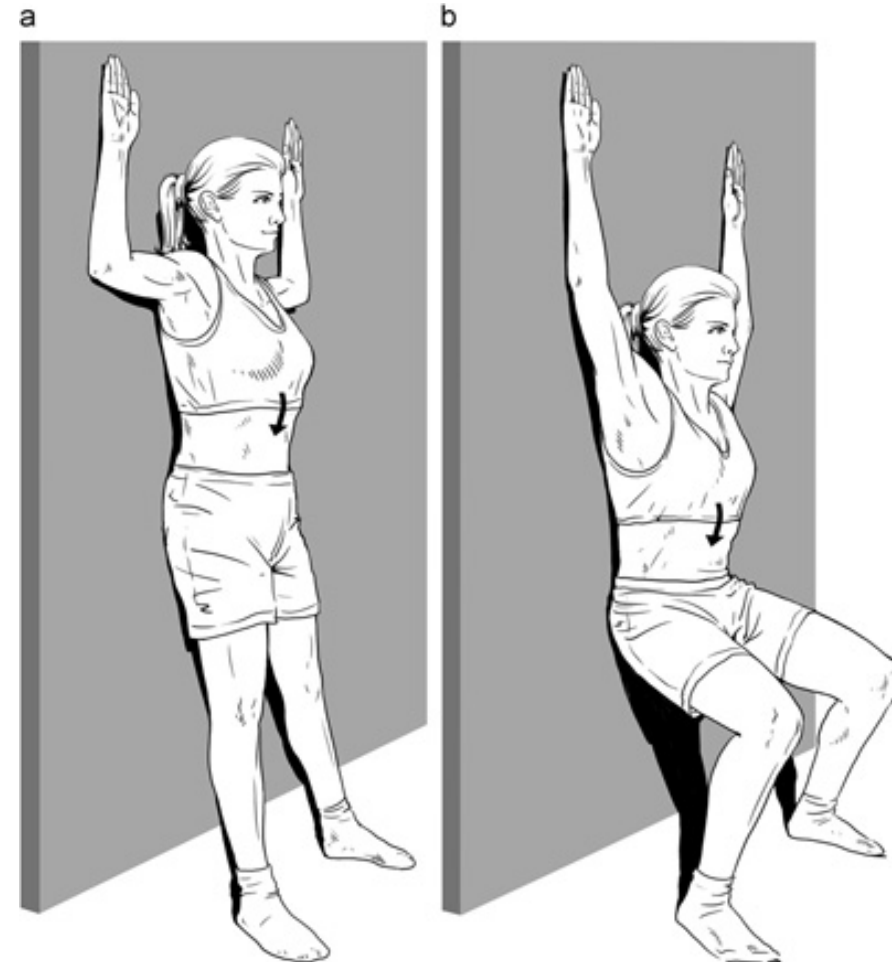
# Door-Way Squat



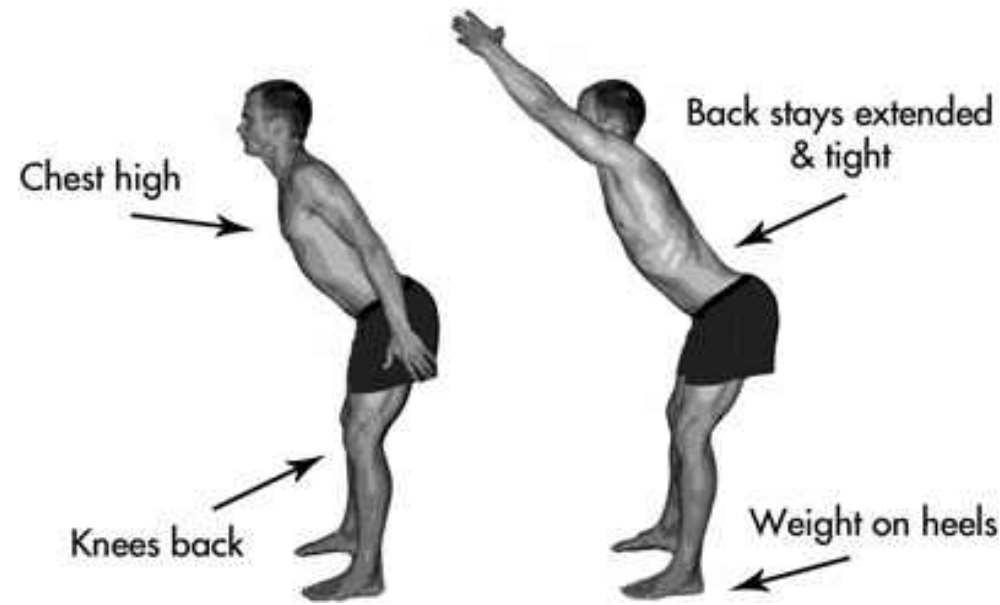
- Stand very close to the door frame holding the frame near your belt line.
- Squat backwards with feet wide apart allowing for deep movement in the hips.
- Repeat until the hips feel loose.

# Squats

- Place ball on wall at hip level. With wide stance and feet turned outward, squat down, with hips moving under ball.
- May be performed with weights in hand or on one leg.



# Founder- Foundation Workout



- Stand with feet wider than shoulder width apart with weight on your heels. Unlock your knees and slightly flex through your hips, not your back.
- Keep your weight on your heels with your chest high, chin retracted not flexed/extended.
- Pull hands back, with thumbs out and chest high. Hold for 15-30seconds.
- Keep everything locked into position and slowly lift your hands overhead with palms facing each other. Press fingertips together forcefully and hold for 15-30seconds.



# Woodpecker

Stand in a lunge position, hips square, front knee bent with both feet parallel and facing forward.

With your sternum high drive your weight into your front heel. Bring hands behind you and thumbs out. Hold for 15 seconds.

Slowly lift your arms to an overhead position with your palms facing each other, keep your front knee behind your front foot. Hold for 15 seconds.



# Push-ups



- From either position: knees, feet, off of ball
- Keep chin retracted, back flat, hands flat, and abs contracted.

- Perform to exhaustion

## \*\*\*Alternatives\*\*\*

- Alternate hand position
- Raise one foot
- Place one hand on a ball

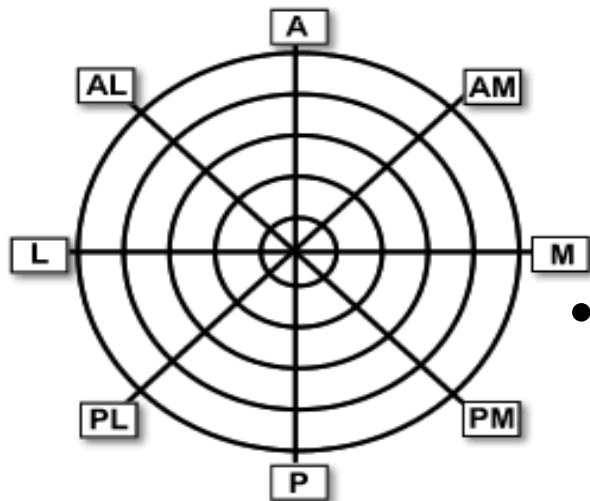


# Kettlebell Swings



- Take a squat stance with kettlebell in both hands.
- Squat with proper form and let the kettlebell swing between your legs.
- With your hips perform an upright motion and swing the kettlebell up to shoulder height or overhead.

# Lunges



1. Lunges should be performed with level hips and shoulders. Keep forward knee from advancing over forward foot.
2. Lunge forward from a standing position to 2:00, 10:00, 4:00 and 8:00
  - Never cross mid-line when lunging to each position.
3. Intensify by holding a medicine ball overhead or a heavy kettlebell/dumbbell in one hand or use a slosh pipe.
  - 6 reps per leg per position