

OCTOBER

NECK & BACK PAIN


EPIC WAY TO WELLNESS



NECK & BACK PAIN TIPS

BE MINDFUL OF THE FOLLOWING THROUGH EACH EXERCISE:

- Maintain each stretch for 8-10 seconds
- Remember to inhale and exhale throughout the motion
- Maintain good posture
- Ensure that you are not experiencing pain in any area



NECK TILTS

- Keep shoulders relaxed
- Gently pull head to each side and release slowly once time has elapsed



SIDE STRETCH

- Fingers may be interlocked or palms facing each other
- Gently lean to each side or remain in upright position



UPPER BACK ARM CROSSOVER

- Gently pull arm across the front of the body
- Keep head stable and straight