

lee chiropractic clinic

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Neck and Shoulder Strengthening Exercises

1. Head and Shoulder Raises

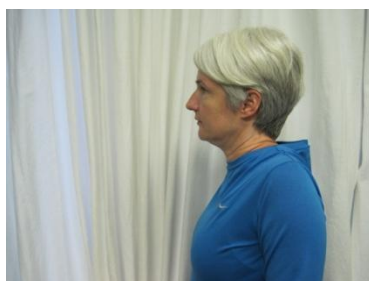
Lay face down on floor. Start by contracting buttock muscles, then raise head and shoulders with back muscles (not using your arms).

- a. Hold steady for 30-60 seconds, OR
- b. Hold for 2 seconds, repeat 10 times



2. Shoulder Blade

- a. Circles – complete a full 360°(consider 4 quarters of the pie, to ensure a full circle)



- b. Shrug Shoulders Up/Down – using upper trapezius muscles, shrug up. Slowly, with control, shrug down using the muscles between and below the shoulder blades



c. Squeeze Shoulder Blades Forward/Back



3. Down Shrugs against Body Weight

Use the edge of a chair and step on another solid object. Keeping elbows straight, let body weight drop into loose shoulders. Raise body up strongly into shoulders, using muscles between and below shoulder blades. Do this 20 times.

