

## 3 Desk Exercises to Save Your Neck

To prevent poor posture in the workplace you can perform these three simple exercises that will save your posture and prevent occupationally related neck pain. For best results, perform each exercise twice a day, once in the morning and once in the afternoon to stimulate neck mobility.

### Neck Retractions:



Neck retractions are a great exercise to reverse forward head posture. To perform neck retractions you retract your neck back pushing the back of your head against the back of your chair. Retract the neck back and hold for 10 seconds, then repeat 5 times.

As you retract the neck back think about pushing your chin back and keeping your eyes parallel to the horizon while sitting up straight with good posture. A common mistake is that people look up and back, instead of retracting the head back in a linear fashion. Your chin should stay in the same

plane of movement during the movement.

### Cervical Lateral Bend:



The cervical lateral bend is a stretch to elongate your trapezius and sternocleidomastoid muscles. To perform this stretch, sit up straight and flex your neck to one side so that your ear approximates towards your shoulder. Make sure your shoulders are pulled back and your ear is in alignment over your shoulder. For a more intense stretch you can use your hand to **gently** pull your head further toward your shoulder.

If you draw your left ear to the left shoulder then use your left hand to pull the head further towards the left shoulder. You will feel the stretch on the right side. Hold the stretch for 30 seconds then repeat on the other side.



## Neck Rotations:



Neck rotations help increase range of motion of the cervical spine. Keeping your eyes parallel with the horizon, rotate your head to the right and hold. Keep your shoulders back and down in a relaxed fashion. As you rotate to the right you will be looking over your right shoulder. Hold that position for 30 seconds then return back to center. Rotate to the left and hold the position for 30 seconds. Be sure to keep your face and jaw relaxed and not grit your teeth.

These three exercises will help you maintain proper posture while at work, and you didn't even have to get up from your desk! Plus, they will take you just 3 minutes to perform and will save you from experiencing postural distortion patterns and neck pain. ***6 minutes of neck exercises per day to help keep the pain away!***

*Courtesy of The American Posture Institute:*

<https://americanpostureinstitute.com/3-desk-exercises-to-prevent-neck-pain/>