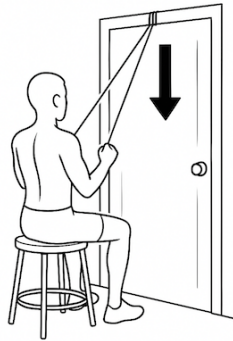


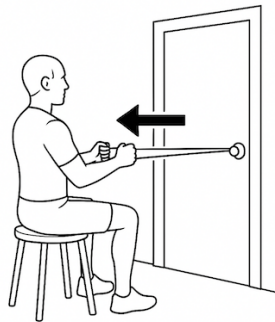
## Basic Neck & Upper Back Conditioning

These exercises are designed to condition the trapezius, rhomboid, and elevator scapulae muscles. The goal is to gain greater neurological control over the muscle while stretching the fascia and releasing the small nerves that run in between. This is good for neck and upper back pain, shoulder pain, and occipital headache syndromes. The exercises require a rubber band - the best have handles. You can find them at sporting goods stores like Dick's or Pay it Again. You can also find them on Amazon- search for "resistance bands with handles".

**Pull downs** - Loop the band over a door or something similar (just make sure it's secure!). Do a pull-down, and hold it for 30 seconds. Do a few sets daily.



**Rows** - Loop the band around a door knob and do a similar pull and hold.



**Shrugs** - Loop the band under your feet and do shrugs in the same fashion.

