



Andrew Knight D.O.
O S T E O P A T H Y

Advice sheet

Upper back and neck exercises

To be read as an aide memoir augmenting the exercise instructions given in your appointment.

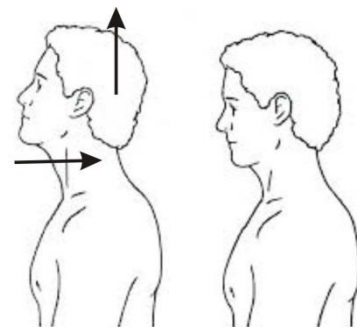
These exercises are designed to increase the mobility in the upper thoracic spine to reduce the contrast of motion that often occurs at the base of the neck. This contrast develops when the neck is mobile but the upper back and shoulders operate in a static fashion to offer stabilisation to enable the dextrous use of the forearm and hand. The contrast site is often a focus for wear and tear degeneration.

Exercise 1 – Suboccipital stretch.

This can be done sitting or standing.

Maintaining a head posture with the ear over the shoulder vertically rise your height up through the crown of the head and drop the nose and chin down and back. This has the effect of stretching the musculature at the base of the skull.

This is a repetitive exercise of stretch and release.



Exercise 2 – Thoracic movement

This can be done sitting or standing

Reach behind the neck with both hands – avoid interlacing the fingers – allow the fingertips to extend into the top of the back so that they cover the prominent vertebra at the base of the neck. Allow the forearms to come together under the chin.

With the elbows held together (like gripping a pen between the elbows) draw a 0 (rather than an O) in the air. Make the movement fairly small to focus the movement in the upper area between the shoulder blades. Focussing your perception on the spine area below the fingers will allow you to be aware that movement is taking place

.Both these exercises are designed to be used LITTLE AND OFTEN and to be done in the time taken to wait for something to occur that you cannot leave but do not need the hands for – viz. waiting for traffic lights or the kettle to boil.

