## Neck and Upper Back

### Neck

**For the Right Side:**
- Place your right arm behind your back at the level of your waist.
- Place your left hand on the top of your head.
- Gently with your left hand guide your head forward until you feel a slight stretch, then into left side bending (left ear to shoulder) and then into left rotation (rotate your head to the left).
- You should feel a stretch on the right side of your neck.
- Decreased tension in the shoulders.
- Decreased tension in the neck.
- Increased mobility in the neck.

### Upper Back

- Cross one arm in front of your chest, keep it at chest height.
- Place your other hand on the elbow of the arm crossed in front of you and pull your arm towards your chest.
- Leaning slightly forward and adding slight rotation may increase this stretch.
- A stretch should be felt through the shoulder blades and upper back.
- Decreased tension in the shoulders and neck.