

## **The One Exercise Everyone Should do for Neck Pain**

Many neck problems are either caused by or worsened by poor posture of the neck. Therefore, it would benefit nearly everyone to perform this one exercise throughout the day to realign the neck into proper posture.

In the last video of this series, we discussed correcting the “magic spot” to help with neck posture and decrease neck pain. This exercise will work along with the stretching you should do for the magic spot (T1-T7).

The beauty of this exercise is that it does not require any equipment, it does help strengthen the correct muscles, and it does help stretch the right muscles. In addition, this exercise serves as quick guide as to where your head, neck, shoulders, and upper back should be positioned.

The exercise is the W to Y with a chin tuck.

We will start by having you perform a seated chin tuck. Place your head and neck in the best posture you can obtain. Tuck your chin in and feel a stretch in the area where your skull meets your neck. When you tuck your chin your eyes and head should remain level- you should neither look down nor up. Perform x 5.



Now work on the W portion. Hands should be facing forward, and elbows bent at your side. See Photo. In that position bring your arms back to feel a stretch in your chest. At the same time squeeze the shoulder blades together. Then stretch your arms out into a Y position while keeping the shoulder blades together. Repeat 5x.



Now combine both exercises (chin tuck and the W/Y). Perform a set of 5 repetitions throughout the day.