

Essential Back, Neck and Posture Care: A Compact Guide



Back Exercises

1. Knee-to-Chest Stretch:

Gently pull each knee to your chest alternately.



2. Bridge Lift:

Engage your core, lifting your butt/trunk upwards.



3. Arm Reach:

Extend one arm overhead while lowering the other by your side.



4. Cycling Motion:

Alternate leg cycling while maintaining form.



5. Arm Lift:

Raise each arm individually to a comfortable height, keeping it straight.



6. Leg Lift:

Raise each leg alternately, avoiding strain.



7. Opposite Limb Lift:

Lift one arm and the opposite leg simultaneously, holding for 5–7 seconds.



Repeat exercises 10–15 times, twice daily. Avoid exercises that cause pain and re-evaluate after a few days.

Neck Exercises

• Warm-ups:

Forward/backward bends, side bends and neck rotations.

• Stretching:

Forward neck stretches using hands. Sideways neck stretches with the opposite hand.

• Isometric Strengthening:

Hold neutral positions with gentle opposing hand pressure for 5 seconds.

Warm ups:

- Bending your neck forward and backward.
- Bending your neck sideways.
- Turning your neck towards right and then left.



Isometric neck flexion



Isometric neck extension



Isometric neck side bend

Stretching Exercises:

- Bend your neck forward and put a mild to moderate force downward from vertex using your hands.
- Stretching sideways using your opposite hand.

Isometric Neck:

- Same positions as warm up exercises, holding in a neutral position for 5 seconds. Put equal and opposite pressure with hand(s).

Shoulder Exercises:

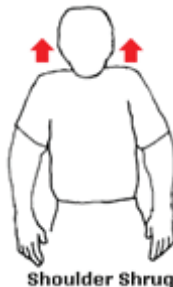
- Shoulder Stretch.
- Shoulder Shrugging.

Shoulder rotations.



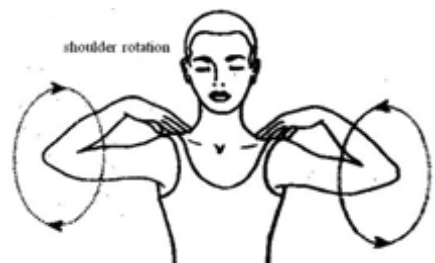
Overhead Stretch

Overhead Stretch



Shoulder Shrug

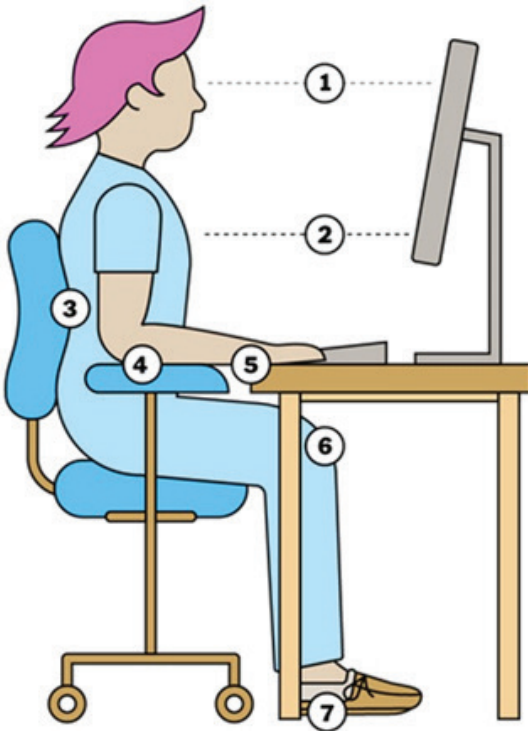
Shoulder Shrug



shoulder rotation

Proper Posture Sitting:

- Don't slouch or lean while reading and writing.
- Change your posture before 45 minutes of prolonged sitting.
- Don't sit without support for more than 15- 20 minutes.



- 1** Eye level at the top of the screen or 1 to 2 inches below
- 2** Monitor roughly an arm's length away
- 3** Chair with lumbar support, reclined at 100 to 110 degrees
- 4** Elbows bent at 90 degrees or more
- 5** Wrists flat at the keyboard
- 6** Knees level with hips or slightly below
- 7** Feet flat on ground or foot-rest

