

FFL Healthy Neck/Upper Back



Strengthening exercises for the neck and upper back can provide stability and improve your overall neck and upper back health. Use these exercises as part of a larger fitness routine in combination with other body parts. For assistance in creating your routine, reach out to an athletic trainer or health coach.

General recommendations

- Begin a strengthening program as tolerated.
- Tighten or engage core muscles while completing activities.
- Perform activities slowly and with control to feel each muscle group working.
- Increase repetitions and weight as strength improves and is tolerated.

Shoulder Blade Retraction



- Sit or stand up tall.
- Pull your elbows backwards, and squeeze shoulder blades together.

Shoulder Blade Depression



- Sit or stand up tall.
- Pull your elbows backwards, and squeeze shoulder blades together.
- Press shoulder blades **down** as much as possible.
- Hold for a few seconds, then relax.

Y to W Raise



- Stand up tall with feet shoulder-width apart, and arms up as if you were making the "touchdown" sign.
- Lower your arms at the same time, bringing your elbows down as if you were to place them in your back pocket.
- As your arms lower, squeeze your shoulder blades together.
- Raise your arms back to the starting position.

Row



- Anchor a band at chest level and stand tall with feet staggered.
- Hold your resistance band so that the arms are straight and the band has no slack in it.
- Keep your core tight, pull the arms back, squeezing the shoulder blades back and down.
- Slowly return to the starting position.
- **Alternative activity:** If no resistance band available, complete row with a weight.

Horizontal Abduction



- Anchor a band at chest level and stand tall with feet shoulder-width apart.
- Hold your resistance band so that the arms are straight and the band has no slack in it.
- Keep your core tight, pull the band backwards, squeezing your shoulder blades together, and keeping your arms horizontal.
- Slowly return to the initial position.

Standing 90/90



- Anchor a band at chest level and stand tall with feet shoulder-width apart.
- Hold your resistance band so that the arms are straight and the band has no slack in it.
- Keep your core tight, pull the band backwards, squeezing your shoulder blades together, and pull both arms into a 'W' position.
- Slowly return to the starting position.

FFL Healthy Neck/Upper Back

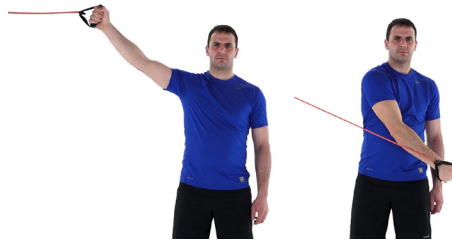


Diagonal Raise



- Anchor a band beneath one foot or down low; stand tall with feet shoulder-width apart.
- Hold the other end of the band in the opposite hand, palm facing your body.
- Keeping your elbow straight, in a diagonal motion, raise your arm up and across your body.
- Slowly return to the starting position.
- **Alternative activity:** If no resistance band is available, hold a weight in your hand and complete the same motion in a controlled manner.

Diagonal Pull-down



- Anchor resistance band above shoulder height; stand tall with feet shoulder-width apart.
- Hold one end of the band with your palm facing forward and your arm up and out from your side.
- Pull the band down and across your body, ending at your opposite hip with your palm facing in.
- Slowly return to the starting position.
- **Alternative activity:** If no resistance band is available, hold a weight in your hand and complete the same motion in a controlled manner.

I understand and acknowledge that I should seek the advice of a physician before beginning any physical exercise regimen, routine, or program, including participating in the activities depicted in this handout. I further understand and acknowledge that, as with any exercise program or other activity, if at any point during my activity I begin to feel faint, dizzy or have physical discomfort, I should stop immediately.

Please contact the Fit for Life team at 442-3145 or email BIWfitforlife@gdbiw.com.

GENERAL DYNAMICS
Bath Iron Works