

"My Favorite Exercises for Fixing a Neck Hump"

(from Mercola: articles.mercola.com/sites/articles/archive/2021/02/12/neck-hump.aspx)

This is one of my posture issues, along with anterior pelvic tilt, and I recently got help from a Physical Therapist for both these issues. Plus, I'm always open to trying new exercises, so this Mercola article intrigued me. Here are the exercises (transcribed by Cat from the Mercola article):

1. YWTL Exercise

This exercise works by stretching your thoracic spine from top to bottom:

- First, raise your arms in the air with your palms facing forward — this is the “Y” position.
- Then pull your arms awkward and hold for about 30 seconds.
- From there, move your arms down to the “W” position, still pulling your arms back and with your elbows pointing down. Hold this for another 30 seconds.
- Next, spread your arms, with your palms still facing forward, into a “T” position, pulling your arms as far back as you can and holding for 30 seconds.
- The final step is moving your arms into the “L” position with your elbows at your sides. Really pull your forearms back and hold them for 30 seconds.

2. Pull Arm/Tilt Head

- Place your hands behind your back and grab your wrist.
- Then straighten your elbows and pull your arms back while squeezing your shoulder blades together.
- Tilt your head back and hold the position for about 30 seconds. Breathe out while you're leaning back.

3. Arm Up/Turn and Tilt

- Stand facing a wall.
- Slide your right arm up the wall, then turn your head to the right and tilt your head backward.
- Hold for about 15 seconds.
- Repeat the sequence three times. Be careful not to get dizzy.
- Next, do the same sequence on your left side.
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