



@UNCSportsMed

LET'S TALK ABOUT

# Posture

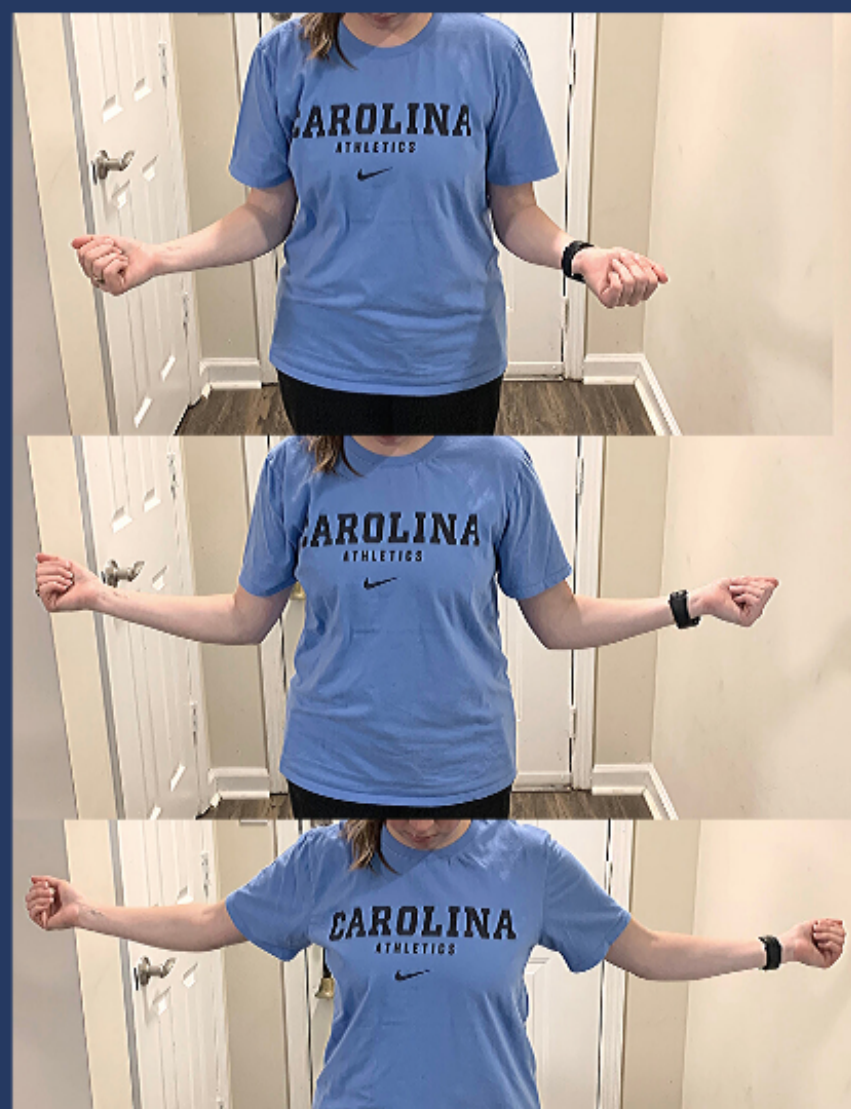
& THE PAIN IN YOUR NECK

There's really no such thing as "bad posture" but any position you spend too much time in (including slumping over your laptop) can cause neck pain, trap tightness, and general discomfort.

**USE THESE THREE MOVEMENTS TO STRETCH YOUR NECK AND GET OUT OF YOUR SLUMP!**



Upper trap stretch  
Perform 2x20s hold/side



Scap squeeze + reach  
Perform 2x12 reps



Pec stretch on wall  
Perform 2x20s hold/side

Try one (or more) of these movements when you notice your neck and shoulders feeling tight!