

Travel Well On the Road

STRETCHES TO PREVENT BACK, SHOULDER AND NECK PAIN ON YOUR NEXT ROAD TRIP



1. The Elbow Pump

You can do this one while sitting down. Touch your opposite shoulder blade, and then gently grab your elbow, and pull it towards the opposite side.



3. The Toe Toucher

While sitting, straighten your legs, and reach out to try and touch your toes.



5. The Backwards Clap

Put both of your hands behind your back with palms touching, and push out your chest like you're trying to intimidate the co worker across from you. Hold this pose for 5 seconds.



7. The Bobble Head

Lean your head down, and rotate your neck from left to right. Remember to go slow, and ideally sing a song so you don't look so weird.



9. The Knee-Pump

Cross your leg, and gently push down on your knee, stretching the glutes. As your pushing down, remember to exhale slowly.



2. The Knee-Jerk

While sitting, lift your leg up and grab onto your knee. Try and pull your leg towards your chest, and see how close you can get it. Hold for 10 seconds.



4. The Ballerina

Lift your arm over your head and reach towards the opposite side. Remember to keep your back upright.



6. The I Don't Know

Raise both of your shoulders at the same time. Hold for 5 seconds, and then release. As you bring your shoulders down say "I dunno".



8. Touch The Sky

Interlock both hands together, and try your best to touch the sky, with palms facing the ceiling. Hold for 5 seconds. Just watch out in case you have sweat stains under your shirt ;)



10. The Neck Breaker

Take your hand and grab the opposite side of your head. Gently, and I really mean gently, pull your head towards your shoulder. No need to have your ear actually touch your shoulder, only moving a few inches is good enough.

