

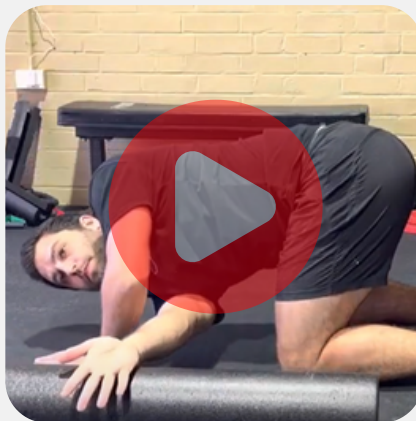
# Neck, Back & Shoulders Pain Relief Program

## KNEELING CAT STRETCH



**3 X 10  
REPETITIONS**

## THREAD THE NEEDLE WITH FOAM ROLLER



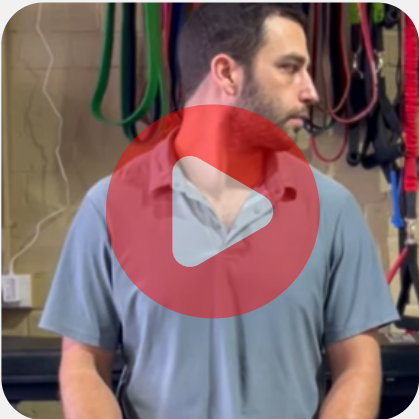
**3 X 6 EACH SIDE**

## FLOOR ROLLS



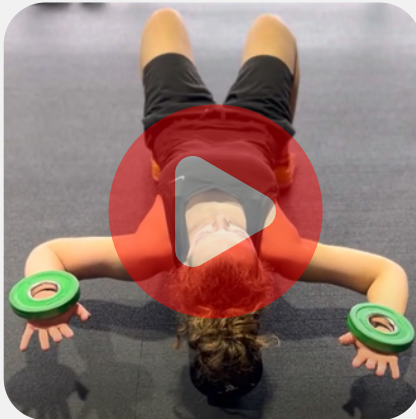
**3 X 8  
REPETITIONS**

## NECK MOBILITY ROUTINE



**3 X 6-8  
REPETITIONS OF  
EACH MOVEMENT**

## SUPINE PEC STRETCH



**1 X 2-3 MINUTES**

## ELEVATED PRAYER STRETCH



**1 X 1 MINUTE**