



Easy Fix for the Neck Hump!

In The Buffalo hump, Neck Hump, or Dowagers hump which is common and aggravated by poor posture. Thankfully, this hump is reversible using the right exercises. In this video, I will demonstrate some of the most effective exercises which will help to reduce the hump.

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Exercise 1 - Neck extension with Dowel



- 1 - Using a Dowel (Long straight stick).
- 2 - Place the Dowel on the hump pushing it forward with your arms.
- 3 - Create a double chin, tuck your chin in.
- 4 - Tilt your head backwards over the Dowel.
- 5 - Hold 5 to 10 seconds
- 6 - Return to original position.
- 7 - Repeat throughout the day.



Exercise 2 - YW exercise with Dowel



- 1 - Using the Dowel, place your hands about shoulder width apart.
- 2 - Raise the Dowel above our head.
- 3 - Create a "Y", arms outstretched with you in the middle as a "Y"
- 4 - You will be moving from a "Y" to a "W".
- 5 - Stand up straight, push your arms backwards.
- 6 - Squeeze your shoulder blades together.
- 7 - Squeeze your elbow back.
- 8 - Now move from "Y" to a "W".
- 9 - Don't push your chin too far forward, hold your chin in.
- 10 - Hold this position for 5 to 10 seconds.
- 11 - Return to original position.
- 12 - Repeat x10.



Exercise 3 - Prayer position with Dowel



- 1 - Place your elbows on a sturdy chair.
- 2 - Push your chest down, elbows remaining on the chair.
- 3 - Place the Dowel on the hump, tilt your head backwards over the Dowel.
- 4 - Straightening up, keep the Dowel in place across the Dowager's hump.
- 5 - Hold for 10 seconds, after 10 seconds, move the Dowel a little bit down.
- 6 - Repeat the first process in this new position.

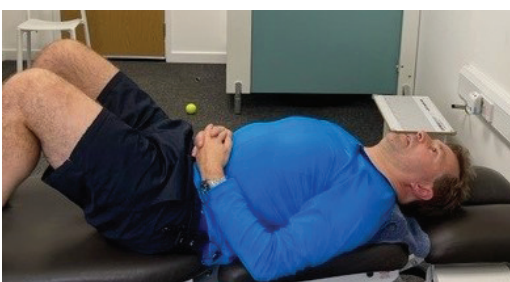


Exercise 4 - High Back Chair Neck Mobilisation



- 1 - Use a sturdy a chair with a high back.
- 2 - Sit in the chair and slouch (Just this once!) until you reach your hump.
- 3 - Use the back of the chair to fixate your spine.
- 4 - Tilt your head over the back of the chair, mobilising your neck hump.
- 5 - Hold for 10 seconds.
- 6 - Repeat x5
- 7 - Once you've done that, come up a little bit and perform at a different level.
- 8 - Hold this again for 10 seconds and repeat x5

Exercise 5 - Neck Mobility with Towel



- 1 - Tightly roll a towel.
- 2 - Place the towel on the floor or on a bed.
- 3 - Lay on your back with the towel, just below the hump.
- 4 - Create a double chin.
- 5 - Roll your head back over the towel.
- 6 - Hold for 10 seconds.
- 7 - Repeat x5.
- 8 - To progress roll the towel to a different part of your spine.
- 9 - Repeat the first process.



Scan to watch
the video



Link to video:

<https://youtu.be/fsdchGejKmU>

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