



Dowager's Hump (Neck Hump)

Follow these 3 simple and highly effective exercises to help you with a neck hump. It should not take too long; it is persistency that's the key. Good posture is essential, so make sure you are nice and upright, shoulders back, chin in, so you do not create that constant tension on this area there.

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Exercise 1

Y POSITION



- 1 - Raise your arms in the air.
- 2 - Hand palms facing forward.
- 3 - Pull your arms backwards.
- 4 - Keep your elbows straight.
- 5 - Hold this for 30 seconds.
- 6 - Repeat 5 times, Daily.



T POSITION



- 1 - Spread your arms in the air.
- 2 - Hand palms facing forward.
- 3 - Straight posture, body shape of a T.
- 4 - Keep your elbows straight.
- 5 - Hold this for 30 seconds.
- 6 - Repeat 5 times, Daily.



W POSITION



- 1 - Pull your arms back.
- 2 - Hand palms facing forward.
- 3 - Elbows pointing down.
- 4 - Keep your elbows straight.
- 5 - Hold this for 30 seconds.
- 6 - Repeat 5 times, Daily.



L POSITION



- 1 - Hold elbows tucked into your sides.
- 2 - Arms stretched out.
- 3 - Hand palms facing forward.
- 4 - Pull your forearms back.
- 5 - Hold this for 30 seconds.
- 6 - Repeat 5 times, Daily.



Exercise 2

REPEAT x 5 DAILY



- 1 - Place your hands behind your back.
- 2 - Grab your wrist and pull your arms.
- 3 - Straighten your elbows and pull your arms back.
- 4 - Squeeze your shoulder blades together.
- 5 - Tilt your head back and hold this for 30 seconds.
Repeat 5 times, Daily.
- 6 - Breathe out while holding the stretch.



Exercise 3

REPEAT x 3 DAILY



- 1 - Right arm, slide the hand up on the wall, high.
- 2 - Tilt your head backwards.
- 3 - Rest here for about 15 seconds.
- 4 - Repeat exercise 3 times, Daily.
- 5 - Switch to left arm and repeat complete exercise.



Scan to watch
the video



Link to video:

<https://youtu.be/T43753AfaKY>

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