



*Jasper
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Neck Hump Exercises

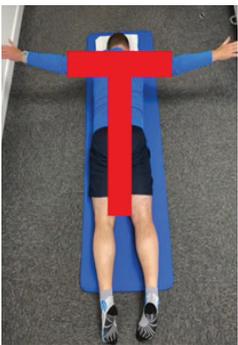
In this video, you will find highly effective exercises which will reduce and flatten the neck hump. The hump is also known as Neck Hump, Dowagers Hump, or, unflattering term, the Buffalo Hump. The hump is located at the base of the neck and is often caused by poor posture. The hump can also be caused by a hormonal disbalance called "Cushing's Disease", but this is quite rare and affects 0.5% of the population. Many people think that the hump is a permanent feature, but thankfully, this is not the case. Targeted exercises can reduce the hump significantly.

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Exercise 1 - A T Y Mobilisation Exercise



- 1 - Lay face-down for this. Using a towel for under your forehead.
- 2 - Tuck your chin in, face your hand-palms down.
- 3 - Raise the arms up as high as you can, body position making A.
- 4 - Hold this for about 10 seconds.
- 5 - Repeat x 5.



- 1 - Lay face-down for this. Using a towel for under your forehead.
- 2 - Tuck your chin in, face your hand-palms down.
- 3 - Spreading out, the arms wide.
- 4 - Raise the arms up as high as you can, body position making T.
- 5 - Hold this for about 10 seconds.
- 6 - Repeat x 5.



- 1 - Lay face-down for this. Using a towel for under your forehead
- 2 - Tuck your chin in.
- 3 - Face your hand-palms down. Both arms up above your head.
- 4 - Raise the arms up as high as you can, body position making Y.
- 5 - Hold this for about 10 seconds.
- 6 - Repeat x 5.



Note:

If you're struggling to hold each position for 10 seconds, repeating 5 times, do the A first for 10 seconds. Then move to the T, then move to the Y, holding each for about 10 seconds and give yourself a rest. Then repeat A, T, Y again!

Exercise 2 - Advanced Prayer Stretch



- 1 - Using a chair and a book, hold the book in your hands.
- 2 - Place your elbows on the top of the chair.
- 3 - Create the 90-degree angle in your hips and 90-degree angle in your knees.
- 4 - Tuck your chin in.
- 5 - Push upper body through your arms, don't let your head drop forward.
- 6 - Come all the way down and hold this position, you will feel the tension on the hump.
- 7 - Now drop the book, keep your arms and your hands evenly spaced out.
- 8 - Hold this for 10 seconds.
- 9 - Repeat the process stretching head to left side while holding the book, then return to normal position.
- 10 - Repeat the process stretching head to right side while holding the book, then return to normal routine.
- 11 - Repeat all 5 times, just once a day.

Note: Do Not Allow Your Arms To Cross Over, Keep Evenly Spaced Throughout The Exercise



Exercise 3 - Advanced Shoulder Extension Stretch



- 1 - Using a chair to sit, place the arms behind you.
- 2 - Sit upright, grab your wrist.
- 3 - Get your arms behind you, as high up as you possibly can.
- 4 - Tilt your head backwards.

See next page...



Exercise 3 - Advanced Shoulder Extension Stretch *continued*



5 - First turn to the left and then to the right.

6 - Hold each pose for 10 – 30 seconds.

7 - Repeat throughout the day.



Note:

You may feel and hear a bit of crunching where you're doing this. It loosens the tissue off so it is ok to continue as long as it does NOT hurt.

Exercise 4 - Phone Hack Exercise



1 - Simply... SUPPORT YOUR ARM!

2 - Don't look down!

3 - Support your elbow of the arm holding the phone.

4 - Place free arm across mid torso.

5 - Resting phone holding arm elbow on the back of your hand palm.

6 - Keep posture and neck straight.

7 - Head looking forward creating less pressure on the neck.



Exercise 5 - Turbo Charged Chin Tucks



- 1 - Using a Theraband or a towel, place the band around your head.
- 2 - Place your head in the straight position creating a force, (a pull).
- 3 - Your head must not leave that position during the exercise.
- 4 - Stay upright, chin tucked in.
- 5 - Engage your core muscles.
- 6 - Pull the elastic band, keep it tight.
- 7 - Keep your chin nicely tucked in, and you pull it.
- 8 - You hold this for 5 to 10 seconds.
- 9 - Repeat 5 to 10 times.

Repeat the whole process with the Theraband positioned to the left, and again with the Theraband positioned to the right.

Scan to watch
the video



Link to video:

<https://youtu.be/fsdchGejKmU>

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