Resistance band exercises for neck and shoulder pain

If you’re looking for a fitness tool that completely ups the ante for your strength workouts, especially those that work your shoulders, try resistance bands. These budget-friendly workout wonder tools will help you achieve the best you can do at home. You’ll want to focus on a variety of exercises that target your neck and shoulders, as well as your core. Resistance bands are a great way to add variety to your routine and work on your upper body, without putting too much stress on your joints. This will help you maintain muscle tone and flexibility, which can lead to improved range of motion.

The most important thing to keep in mind when using resistance bands for neck and shoulder pain is to focus on the muscles that are affected. The anterior serratus is a muscle that is commonly overlooked in many workout routines. It helps to support the shoulder blades and can help to prevent pain and injuries. Here are some exercises that target this muscle:

1. Start with push-ups or high planks with a band around your ankles.
2. Start with the navel pulled towards the spine. This will help to engage the anterior serratus muscle. Hold for 2 or 3 seconds. Then push the upper back towards the ceiling as you return to the starting position. Hold for another 2 or 3 seconds. Repeat 3-5 times.

3. Then squeeze the left buttock and lift your left leg towards the ceiling. Hold for 2 or 3 seconds. Then let your leg back down and keep holding the left buttock. Repeat for the other side.

4. Then take three steps to the left. Then take three steps to the right. This will help to engage the left and right anterior serratus muscles. Hold for 2 or 3 seconds. Then let your legs back down and keep holding the left and right buttocks. Repeat for the other side.

5. Then take three steps to the left. Then take three steps to the right. This will help to engage the left and right anterior serratus muscles. Hold for 2 or 3 seconds. Then let your legs back down and keep holding the left and right buttocks. Repeat for the other side.

6. Then take three steps to the left. Then take three steps to the right. This will help to engage the left and right anterior serratus muscles. Hold for 2 or 3 seconds. Then let your legs back down and keep holding the left and right buttocks. Repeat for the other side.

Remember to always engage the core on and flat back. Then press the upper back towards the ceiling as you return to the starting position. Hold for another 2 or 3 seconds. Repeat 3-5 times.

The best part about using resistance bands is that they can be used anywhere and anytime to strengthen your shoulders and neck. Plus, they’re super cheap. Try this kit on Amazon for only $10. Resistance bands can help you improve your upper body strength, which can lead to improved posture and reduced pain. So grab your bands and get started today!

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