

UPPER BODY *TENSION RELIEF*

NO EQUIPMENT

Unfortunately, pain in the wrists, neck, shoulders, or upper back has become a normal part of life for many people. Here are a few stretches to help with stiff joints and muscle soreness of the upper body.

Stop if you feel any pain while performing these exercises. If you have history of any upper body surgery, injury, or serious pain, **discuss with your doctor before attempting these exercises.**

NECK STRETCH



WRIST STRETCHES



ARM SWINGS



BACK OPENER



CHEST STRETCH



SPINE ROTATION



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