

# Neck & Shoulder Exercises for Seniors (Free Printable Chart)

Seated • A sturdy chair without wheels

Check with your doctor before starting a new exercise routine. Move slowly and stop any exercise that causes pain.

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## 1. Seated Neck Rotation

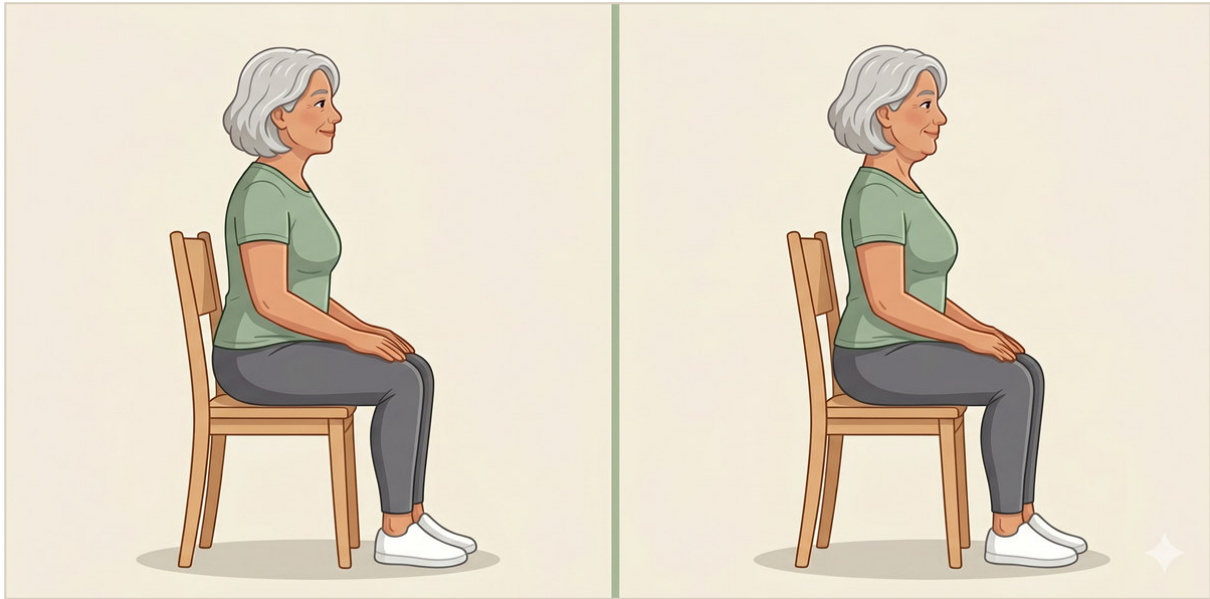


1. Sit tall with shoulders relaxed.
2. Turn your head slowly to look over one shoulder.
3. Return to center and turn to the other side.

**Aim for: 8 turns each side • 1 set**

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## 2. Seated Chin Tuck



1. Sit tall and look straight ahead.
2. Draw your chin straight back as if making a double chin.
3. Hold for two seconds, then relax.

**Aim for: 10 reps • 2 sets**

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### 3. Seated Neck Nod

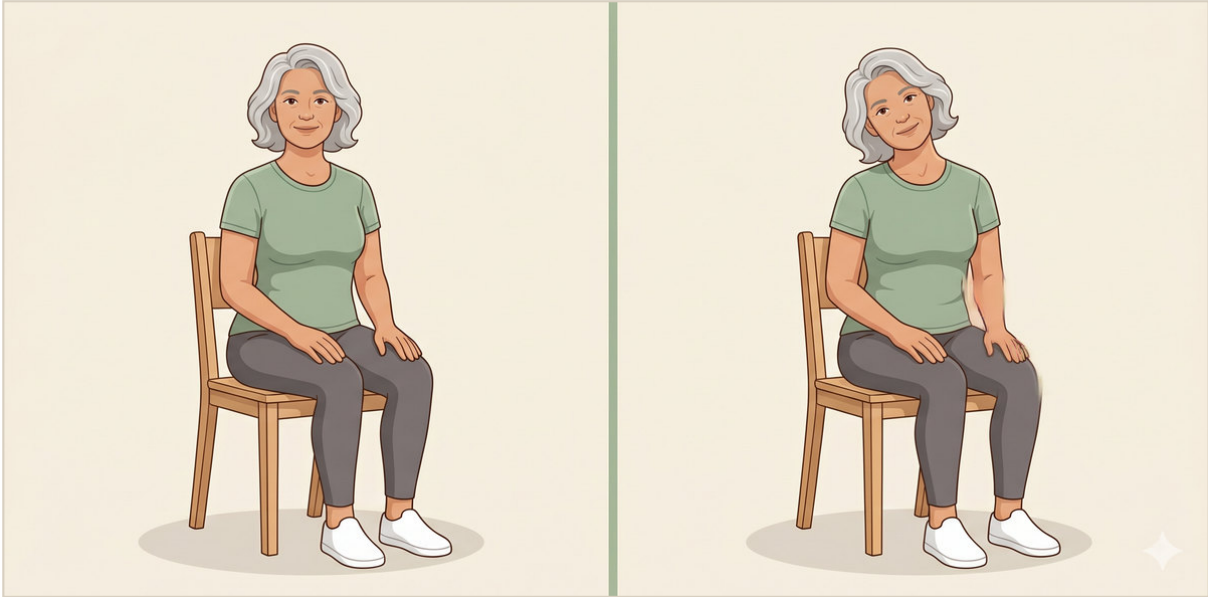


1. Sit tall with shoulders relaxed.
2. Lower your chin gently toward your chest.
3. Return to neutral and repeat slowly.

**Aim for: 8 reps • 1 set**

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## 4. Seated Neck Stretch



1. Sit or stand tall with shoulders relaxed.
2. Tilt your right ear gently toward your right shoulder.
3. Hold, then switch to the left side.

**Aim for: Hold 15 seconds each side • 2 times**

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## 5. Seated Shoulder Rolls



1. Sit tall with arms relaxed.
2. Roll both shoulders slowly up, back, and down in a circle.
3. Do a set rolling backward, then a set rolling forward.

**Aim for: 8 rolls each direction • 1 set**

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## 6. Seated Shoulder-Blade Squeeze

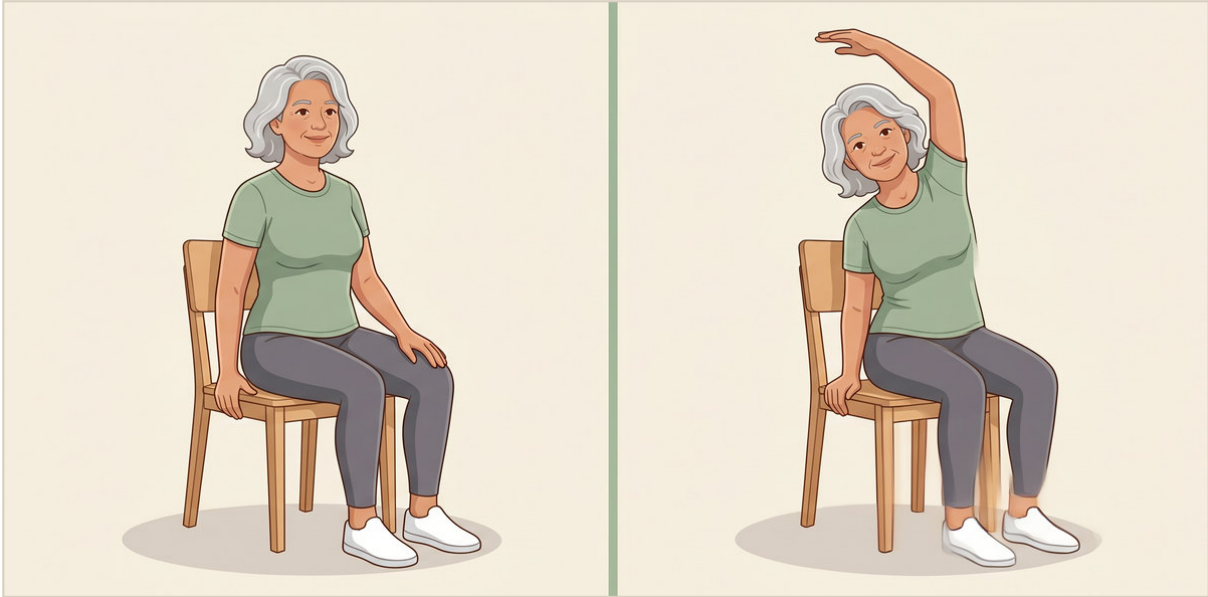


1. Sit tall with both arms relaxed at your sides.
2. Draw your elbows gently back and squeeze the shoulder blades together.
3. Hold two seconds, then release.

**Aim for: 10–12 reps • 2 sets**

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## 7. Seated Side Stretch



1. Sit tall, one hand on the chair seat.
2. Reach the other arm up and gently over to the side.
3. Hold, return, and switch sides.

**Aim for: Hold 15 seconds each side • 2 times**