

# **DRYO Self-Rehab System Upper Back & Neck Course**

## Daily Practice Instructions

To achieve the best results, perform this program consistently and focus on smooth, controlled movement.

### Step 1. Preparation

Before starting the exercises, spend 2–3 minutes performing light shoulder rolls, neck movements, and gentle upper-body mobility exercises.

### Step 2. Upper Back & Neck Exercises

Complete all exercises included in this program.

- Perform the exercises in the order shown in the course.
  - Move slowly and with control.
- Maintain normal breathing throughout the session.
  - Avoid forcing any movement.
- Stop any exercise that causes sharp pain.

### Step 3. Recovery

After completing the exercises, spend 1–2 minutes relaxing your shoulders and practicing slow diaphragmatic breathing.

### Important Notes

- Consistency is more important than intensity.
- Quality of movement is more important than the number of repetitions.
  - Mild stretching sensations are normal.
  - Sharp pain is not normal and should be avoided.
- These exercises are designed to improve posture, neck mobility, upper-back mobility, shoulder function, and overall movement quality.

### Recommended Frequency

Perform the program for approximately 15 minutes per day.

Recommended schedule:

Week 1: 3 sessions per week

Week 2: 4 sessions per week

Week 3: 4 sessions per week

Week 4: 5 sessions per week

Estimated completion time:

15 minutes

Course Includes

- 19 specialized upper back and neck exercises
  - Progressive training plan
  - No equipment required
- Improved posture and mobility
  - Lifetime access
- Free consultation with Dr. Yuriy Oliynyk

Dr. Yuriy Oliynyk, PhD  
Physical Education and Sport  
Movement & Rehabilitation Specialist

