

NECK STRETCHING

Instructions

General Instructions:

- Stretch **SLOW & SUSTAINED-NEVER BOUNCE.**
- Always Stretch on both sides.
- Frequency is the key! Stretch at least 3-5 times a day.
- Stretching should be comfortable, **never stretch to the point of PAIN!**
- If you feel pain with any of these stretches discontinue that stretch and consult your doctor before continuing.

NOTES: _____

1) CERVICAL RANGE OF MOTION

- A) Sitting or standing with an erect posture bend your head forward
B) In a slow deliberate manner slowly rotate your head to the right bending your head back and continuing to rotate the head to the left returning your head to the initial position.
C) Repeat 3 times.



☐ Safe ☐ Not Safe

2) ANTERIOR NECK (SCM)

- A) Sitting or standing with an erect posture, put your right hand in your lap.
B) Turn your head to the right 45° then reach up with your left arm and place your left hand on the top of your forehead.
C) Gently pull your head to the left until a comfortable stretch is felt in the front of your neck. Shift your right shoulder back to intensify the stretch.
D) Hold for 8-10 seconds and release.
E) Switch arms and repeat 3 times on each side of the neck.

☐ Safe ☐ Not Safe



3) SHOULDER SHRUG

- A) Sitting or standing with an erect posture gently lift your shoulders up towards your ears. Then gently rotate them back and try to gently squeeze your shoulder blades together.
B) Repeat 5-10 times.

☐ Safe ☐ Not Safe



4) CERVICAL RETRACTION

- A) Sitting or standing with an erect posture gently retract your head by moving it back while tucking your chin.
B) Hold 8-10 seconds and release.
C) Repeat 5-10 times.

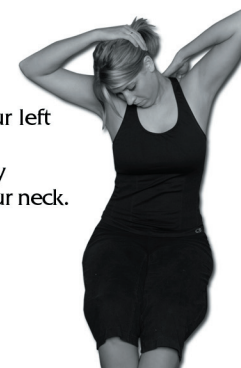
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5) LEVATOR SCAPULAE

- A) Sitting or standing with an erect posture place your left hand on your left shoulder blade.
B) With the other hand gently stretch your head away and down to the right until you feel the stretch in your neck.
C) Hold 8-10 seconds and release.
D) Switch sides and repeat 3 times on each side.

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6) UPPER TRAPEZIUS

- A) Sitting or standing with an erect posture place your left hand on your head and gently bend your head forward and pull your head to the left until a stretch is felt on the right side of your neck.
- C) Hold 8-10 seconds and release.
- D) Switch sides and repeat 3 times on each side.

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10) SHOULDER

- A) Sitting or standing with an erect posture. Grab your right wrist with your left arm and keeping your right arm straight pull it across your body until a mild stretch is felt in your right shoulder.
- B) You can intensify the stretch by bending your head forward and turning it to the left (advanced).
- C) Hold 8-10 seconds and relax.
- D) Switch sides and repeat 3 times on each side.

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7) SHOULDER (ROTATOR CUFF)

- A) Sitting or standing with an erect posture pull your right arm down behind your back with your left hand.
- B) Gently bend your head to the left and hold until you feel a stretch in the neck to the shoulder.
- C) Hold 8-10 seconds and release.
- D) Switch sides and repeat 3 times on each side.

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8) CHEST (PECTORALIS)

- A) Stand in the middle of a doorway with one foot in front of the other.
- B) Bend your elbows to a 90 degree angle and place your forearms on each side of the doorway.
- C) Shift your weight onto the front leg, leaning forward, until you feel a stretch in your chest muscles.
- D) Hold for 8-10 seconds and relax.
- E) Repeat 5-10 times.

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9) MID-BACK (RHOMBOIDS)

- A) Sit with your feet stretched out in front of you. Bend your right knee and place your right foot on the outside of your left knee.
- B) With your right hand, grab and hold onto your right ankle and lean back.
- C) Press your right elbow into your right knee and push your right shoulder towards the floor.
- D) Hold 8-10 seconds and relax, then repeat on the opposite side.
- E) Once you are comfortable with the stretch you can do it seated as shown.

☐ Safe ☐ Not Safe

