

# 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

- Sitting or standing with an erect posture bend your head forward
- 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.
- Repeat 3 times.



Safe  Not Safe

### 2) ANTERIOR NECK (SCM)

- Sitting or standing with an erect posture, put your right hand in your lap.
- 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.
- 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.
- Hold for 8-10 seconds and release.
- Switch arms and repeat 3 times on each side of the neck.



Safe  Not Safe

### 3) SHOULDER SHRUG

- 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.
- Repeat 5-10 times.

Safe  Not Safe



### 4) CERVICAL RETRACTION

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

Safe  Not Safe



### 5) LEVATOR SCAPULAE

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

Safe  Not Safe



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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.

Safe  Not Safe



### 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.

Safe  Not Safe



### 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.

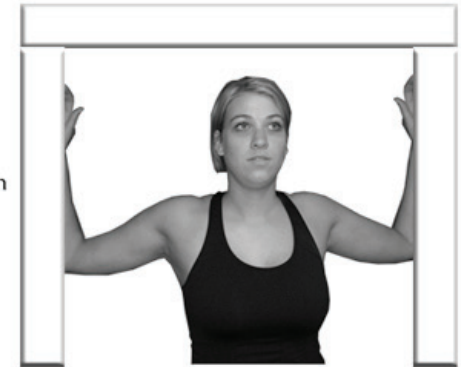
Safe  Not Safe



### 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.

Safe  Not Safe



### 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

