

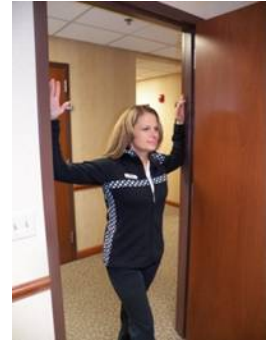
NECK/CERVICAL SPINE STRETCHES

Exercise 1: Pectoralis Stretch

Starting Position: Stand with your legs together in a door frame arms up to 90 degrees. You can also face a corner and extend your arms and place your palms against the opposite walls of the corner.

Action: Lean into doorway/toward the corner. Keep your body and legs straight and your heels firmly on the floor. Hold for ____ seconds. Return to the starting position.

Do Not Cause Pain. Repetitions _____ Times per day _____



Exercise 2: Upper Trapezius Stretch

Sit straight up in a chair with your shoulders relaxed. You should feel a pulling sensation on the opposite side to which you have looked. Hold this position for ____ seconds. Rest 15 seconds and repeat again ____ on that side. Then perform the stretch on the opposite side.



Exercise 3: Levator Scapulae Stretch

Sit straight up in chair with your shoulder relaxed. Turn head and look into your armpit. With Hand on same side, assist your head and pull nose as close to shoulder as possible. Hold position for ____ seconds. Rest 15 seconds and repeat again.



Exercise 4: Chin Tuck

Stand straight with your shoulders relaxed. Point your chin away from you. Keeping chin in a flat plane draw it back to you, with your eyes slightly looking down, so that you can feel a tightening to the muscles in the back of your neck near your hairline. Hold this position for ____ seconds. Rest 15 seconds and try it again _____ more times.

