

Cervical Stretches

PURPOSE:

Restore neck mobility.

POSITION

Stand tall with your shoulders square and level.

PROCEDURE

While maintaining level shoulders, tilt your head slowly to one side, keeping your head facing forward and your back straight. Hold each stretch for 20 seconds, performing 2 sets on each side. (Please see video for proper form)

24 SEC



Lateral Cervical/Neck Stretch

1:12



Diagonal Anchor Stretch

PURPOSE:

Improve neck mobility by stretching tight muscles.

POSITION

Stand tall with your shoulders square and level.

PROCEDURE

Perform Lateral Cervical/ Neck Stretch. When you feel a good neck stretch, tilt your head forward and diagonally to the same side as the stretch. You should feel the stretch shift towards the back of the neck on the same side. Hold for 20 seconds per set, performing two sets on each side. (Please see the video for the proper form)

PURPOSE:

Stretch the upper back.

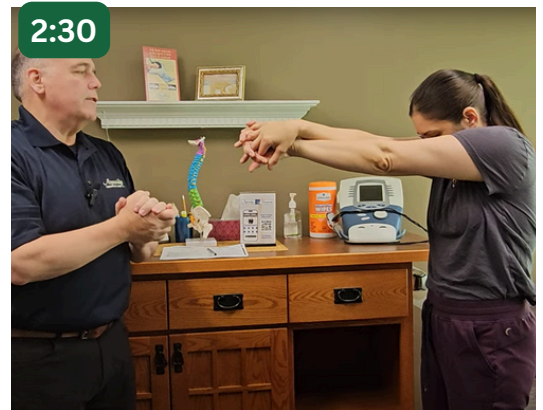
POSITION

Interlock your hands chest-high in front of you with your thumbs down.

PROCEDURE

Slowly extend your arms straight in front of you, drop your head down, and reach forward while keeping your shoulders stationary. Once you feel a good stretch hold for 20 seconds per set, performing 2 sets. (Please see video for proper form)

2:30



The Upper Back Stretch



Neck Glide

PURPOSE:

Enhance neck mobility and control through protraction and retraction, stretching neck flexors and extensors

POSITION

Sit or stand with a straight back and feet flat.

PROCEDURE

Keep your chin level and move your head slowly forward as much as you can and then back as much as you can, ensuring your chin reaches straight forward and back. Maintain a straight back. (Please see the video for the proper form)

REPS/SETS

Perform 2 sets of 10

PURPOSE:

Stretch and strengthen the muscles behind your neck and along your spine for better neck stability and range of motion.

POSITION

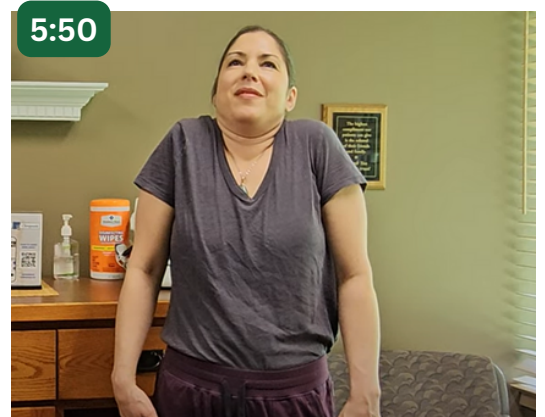
Sit or stand upright with your back straight and head neutral, focused forward.

PROCEDURE

Lift both shoulders and rotate them in a square motion: up, back, down, and forward to neutral. Squeeze your shoulder blades together while avoiding rolling forward to prevent shoulder joint impingement. (Please see video for proper form)

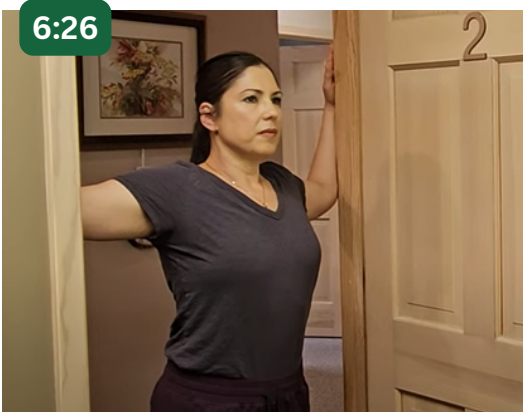
REPS/SETS

2 sets of 20 seconds each.



Shoulder Square Shrugs

6:26



Corner Chest Stretch

PURPOSE:

Stretch tight chest muscles to correct shoulder and neck alignment and improve posture.

POSITION

Stand in a corner with your arms lifted so your upper arms are parallel to the floor and your forearms resting on the walls. Standing in a door jam with elbows and palms on the trim also works well.

PROCEDURE

Take a deep breath in, and as you are exhaling, let your upper body fall forward to gently stretch your chest muscles, leading with your shoulders and keeping your upper arms level. Stretch to minimal discomfort without overstretching. (Please see the video for the proper form)

REPS/SETS

2 sets of 20 seconds each.