

# NECK, HEAD & UPPER BACK STRETCHING INSTRUCTIONS

## GENERAL STRETCHING INSTRUCTIONS

- Relax in a comfortable position
- Stretch **SLOWLY**
- Stretch in a **NO PAIN** range of motion
- Do 2-3 repetitions of each, holding 3-5 seconds
- Stretch every 1-1 1/2 hours - **FREQUENCY IS THE KEY!**
- **STRETCH BOTH SIDES**

NOTES: \_\_\_\_\_

## 1. COMBINED NECK



- Turn head to left
- Turn to right
- Do not tilt head backwards

## 2. STERNAL SCM



- Turn head to left
- Lower chin tilting face downward

## 3. CLAVICULAR SCM



- Turn head to left
- Tilt head backward

## 4. OBICULARIS OCULI,



- Close eyes as tight as you can

## FRONTALIS



- Close eyes in a relaxed position
- Raise eyebrows as high as possible

## 5. TEMPORALIS, MASSETER



- Raise eyebrows
- Open jaw as wide as possible
- Move jaw to right and left

## 6. POSTERIOR NECK MUSCLES



- Lock fingers behind head
- Neck in relaxed forward position - weight of arms and hands increases stretch (do not pull)

# NECK, HEAD & UPPER BACK STRETCHING INSTRUCTIONS

## 7. UPPER TRAPEZIUS, LEVATOR, SCALENI



- Grasp arm at wrist, pull arm down and across the back
- Lean head to opposite shoulder
- Rotate head in varying angles as you continue its lean to shoulder

## 8. SCALENI



- Anchor shoulder
- Pull head straight to opposite shoulder - face forward



- Turn chin slightly toward direction of pull
- Continue pull of head to opposite shoulder



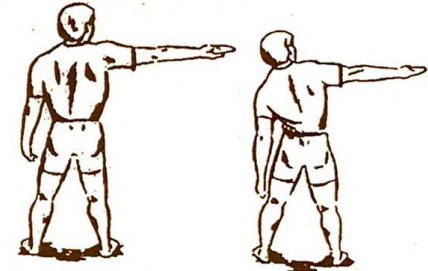
- Turn chin away from direction of pull
- Continue pull of head to opposite side

## 9. LOWER & MID TRAPEZIUS



- Palms and elbows together in front of body
- Reach overhead
- Palms up and full reach overhead
- Pull down to shoulder height leading with elbows
- Palms forward extend arms to side resting position

## 10. COMBINED SHOULDER - UPPER ARM



- Arm extended to side - palm up
- Rotate arm forward to palm up in opposite direction
- Rotate arm backward returning to resting palm up position

## 11. POSTERIOR -MID DELTOID, TRAPEZIUS



- Grasp opposite arm just above elbow
- Keeping arm straight - pull arm across body at chest level

## 12. PARAVERTEBRALS, LATISSIMUS, QUADRATUS LUMBORUM



- Head down
- Arch back upward



- Shift to sitting on heels position



- Return to starting position
- Shift back so sitting on right heel
- Bring arms toward left
- Repeat shifting to left heel - arms to right